A NEW
HERBALL

TURNER

1551-62

.6380/D/1

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|---|---|
| 6380(2) | Title Page,Oii missing. |
| 638I(2) | Tiiii,Tv,Tvi,U,Uii,Uiii,Uiiii,<br>Yii,Yvi missing. |
| 638I Part 2 | Dv, Dvi(blank) missing. |
| II20(2) | c[illegible],diiii,dv,dvi,e,eii missing. |

Missing leaves xeroxed on Bodleian Paper.

1. Wm Turner *A new herball* Vol 1. [1551]
Wanting: Titlepage and Oii – supplied in photocopy

2. Wm Turner [*A new herball* Vol 2] *The seconde parte of William Turner's Herball ... also a book of the bath*
(1562) Wanting: (Part 1) Tiiii, Tv, Tvi, U, Uii, Uiii, Uiiii, Yii, Yvi; (Part 2) Dv, Dvi (blank) – supplied in photocopy.

3. H. Brunschwig *A most excellent and perfecte homish apothecary* (1561)

1120(2).

3

# A moſt excellent and perfecte homiſh apothecarye or homely phyſick booke/ for all the grefes and diſeaſes of the bodye.

Translated out the Almaine ſpeche into
Engliſh by Jhon Hollybuſh.

ARNOLD BIRCKMAN

Jmprinted at Collen by Arnold
Birckman/ Jn the yeare
of our Lord M.D.LXI.

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# The firſt chapter is concerning the head and his partes.

### *For fallinge of the heyre of the head.*

Fallynge of heyre.

MAke lye of the aſhes burnt of doues dounge/and waſhe the heade therewyth. But if ye can not get doues dounge/take leaues of Oken tre/and ſeth the middelmoſt rippes of them in water/ ⁊ waſh the head oft there wͭ/letting it dry by it ſelfe / yͤ helpeth very well.

Or els take the aſhes burnt of litle frogges/make a lye therwyth/ waſh the head oft therewyth/that hindreth the falling of the heyre.

Drye ſkaldes.

But for yͤ drye ſkaldes of it/called in Latin Furfur/Porrigo or Pityra/ ſeth the rotes of Malowes in water/⁊ waſh yͤ head oft therwith/ and they ſhall fall of.

Scelfferinge of the head.

He yͭ hath a ſcalfering head/let theſame take yͤ courſe brāme or wheat/⁊ caſt ſething hote water vpon thē/let thē ſtand one day ⁊ night: after yͭ let it be ſtrayned through a cloth/⁊ put a litle vinegre thereto/⁊ ſtrake it vpon the head/⁊ moyſtē it oft therwͭ/yͭ doth driue the ſcelfering away.

Vncurable ſores

If one hath a head that can not be healed/let him take thick creme/and anoynte the head therewith well in the euening and morning thre wekes continually/but let the head be firſt wel and bare ſhauen/yͭ the creme maye the better pearſe in/waſhe the head euery thyrde daye wyth ſtrong warme lye/that the head may be chaſed therwyth:at the laſt renſch the head with colde lye/theſame draweth the heate out of it/after that let it drye/ ⁊ anoint it agayn as before. Of thys wyſe mayeſt thou heale ⁊ clenſe a head/though it were harde cruſted with corruption.

But if any hath had vnclene ſcurfes or ſcabbes vpon the head/ ⁊ is healed of thē/howbeit it pilleth as though it wold break vp agayn/let him ſtrake or anoynt it with oyle of flaxe ſede or lyne ſede/let him frot the heade ſore therewyth : theſame maketh the ſkin ſtronge/harde and alſo cleane/that it breake vp no more.

### *For lyſe and nittes.*

For lyſe and nittes.

TAke the heades of herbe Gitt or Nigella/and burne them to aſhes/ put ſwynes greſe thereto/and ſtrake or kemme the heyres therewyth/that dryueth awaye lyſe and nittes.

Or els bye quickſiluer for a penny/and ſlake it with faſtinge ſpatle/ put thereto half an vnce of ſwines greſe or butter/anoynte therewyth a kamb/ and kembe thy head therewyth/theſame driueth awaye and killeth all the nittes. But if it is in ſummer or harueſt / that thou mayeſt haue the rootes of wilde ſaffron/take the iuyce of them: wher theſame is ſtraked/ ther ſlayeth and driueth it away the liſte/and alſo liſe of the priuy membres.

Or els take a litle pece of the clothe that goldſmythes waſhe the gylted veſſels wyth/and ſtrake the place therewyth where they are/ and they do fall of:and thys cloth mayeſt thou vſe to twenty men/ and it maye be kepte yearly and dayly/and remayneth good to vſe/ſpecially for ouerbrowes and

Liſe of priuye mēbres.

eye liddes/ wherein the ſame vermin called the liſe of priuye membres do growe/and maye be vſed without daunger.

For the liſe of the head/take a penny worth of lorel or baye berries/ bray thē to pouder/tye thē in a linnen cloth/ſeth theſame in running water/ and waſh the head there with.Theſame vertue hath alſo the roote of Bearſote beaten to pouder.

## *Of payne in the head.*

Of payn in the heade.

The payn of the head cōmeth ſomtime of his oune diſeaſe/ ſomtime of other mēbres/as of the ſtomake:ſomtime of outward accidentes/as of beating/falling or ſunheat:ſomtime of wounding/ſomtime of colde:ſōtyme of heat/ſomtime of ſuperfluitie of blood/ſomtime cā it not be ſayde by what occaſion/ſomtime cōmeth yͤ ſicknes or diſeas by it ſelfe/⁊ theſame laſteth cōtinually.But moſt chefely cometh it by yͤ vpbraything of yͤ ſtomak into the head:to heal this/is neceſſary to know of what complexion the diſeaſe is/ yͭ thou mayſt purge ⁊ clēſe it therafter.If thou wilt than help him/ take hede of what complexion yͤ diſeaſe is. If it cometh of yͤ blood/the ſame is hote ⁊ moyſt/yͭ ſhalt thou know therby/if the payne is moſt in yͤ forpart of yͤ head/ ⁊ then are thoſe veynes read yͭ are by the eyes/the face rede and hote/yͤ veynes vnder the eyes are pale/the veynes of the tēples beate fearcely/yͤ veyne of the puls beateth faſt and ſore/and is great/his vrine is reade and thicke/ hys bodye louſe.These are the euident tokens of the blood.

Tokēs of headake cauſed of bloode.

Tokēs of headake cauſed of Cholera.

If the headake cometh of Colera/that is/of hote and drye complexion/yͭ ſhalt thou know therby:The noſe is hote and aketh for heate/the tounge is great and drye/he is thyrſty/and can ſlepe but litle:and when he ſlepeth/ he fighteth ⁊ is vnquiet/the veyne of his pulſe is litle and feble/⁊ feleth yͤ grefe moſt in the right ſide.Theſame nedeth not to blow his noſe/ for nothing iſſueth out of it/by reaſon of the great heate.

Tokēs of headake cauſed of Flegma.

If the headake commeth of flegma/that is/of colde and moyſt complexion or nature/the ſame hath greater grefe in the hindermoſt part of yͤ head then the for part/and can ſlepe better:he is heuy in all his members/he is litle thyrſty/the veynes of his pulſe are greate and feble.

Tokēs of headake cauſed of Melancoly.

But if yͤ headake cometh of Melācoly/thē hath he yͤ moſt grefe in yͤ left ſyde of the head. Galen ſayth:the head is diuided into foure partes: In the fore parte hath blood the dominion/Colera in the right ſyde/ Melācoly in the left ſyde/⁊ flegma beareth rule in the hindermoſt part.

Headake of blood

If the headake cometh of blood/then let him blood in yͤ head veyne called Cephalica/in yͤ hand by the thumbe/or els in the forhead.Take hede alſo leſt his age of youth(wherby he might be to feble)hinder the: or els yͤ tyme:the ſame muſt be kept wyth dietynge/as I ſhall teache hereafter.

Headake of Colera.

If the headake cometh of Colera/theſame muſt be let blood at the lyuer veyne/and geue him to eate prunes of Damaſke/and foure cheries though they be dryed/take oyle of roſes or violettes/put thereto as much vinegre/ anoynte his head therwyth wher it greueth or aketh/dip two hēpē clothes therin/⁊ let him hold thē in his hand/yͤ ſame draweth out yͤ euil heat: but if ye can not haue the oyle of roſes/take the whyte of egges/ roſe water and vinegre/and do thus: Set his fete in hote water/and rub his legges well dounwarde: and if he will not haue thē waſhed/then let him dyppe the fete in colde water/and lay him doune to reſt/and not ſlepe by day time/but beware for heate and wyne. Howbeit if he will drincke wyne/ let it be ſoure/ and wel mixt/let him alſo drinke water ſodden wyth barlye/ theſame doth coole him/⁊ let him take otherwhyles ſugar candy into his mouth/ to ſlake the thyrſt/or els agayne cōfect of cheries or prunes. But he muſt beware of ſalt meates and fleſh/without it were of chycken/or els let him eat ſoure vnrype grapes/or els the iuyce of them/or ſorel. Let him vſe a litle vinegre in his meat/but no ſpice nor ought ẏ chafeth: ⁊ take hede he be loſe in ẏ bellye. If nede conſtrayne the/ take Venice ſope or alume/make pilles of it/⁊ vſe it for a ſuppoſitory. But if ye haue ẏ rootes of betes/ſtrake thē a litle wͭ ſalte/⁊ put them vp into the fundament/or els ſeth hony till it be black in an earthē veſſel/put a litle ſalt thereto/⁊ make pilles of it/and vſe them likewiſe. If ye haue not hony/take the iolke of an egge/⁊ as muche ſalt/ſeth theſame together/and make pillets thereof/the bigneſſe of a haſelnut or filberte/ and put that into the bodye/theſame retayneth the ſege. If it is a man/ let him beware of women/for they are hurtfull for him/alſo of moſtarde/garleke/ onyons/lekes and ſuche lyke. If the headake cōmeth of ſuperfluity of blood/ then make him thus to bleth at the noſe without ſmarte: Take ſedes of red nettels/and braye them to pouder in a morter/blow a littel of the ſame pouder into his noſe with a quill. But if ye can not get ſedes of nettels/put a hole of the herbe called Millefoyl or Yarbe into the noſe / and rubbe ẏ noſe outwardly ſoftly/and then ſhal it bleth. But if it be in winter/and canſt get nether Chyrurgeon to let blood/nor nettels/nor nettels ſede/nor yet no millefoyle/and wouldeſt gladly drawe the blood from the head/then take two ſack bandes/and binde or tye them firſt about the legges aboue the knye/⁊ let it ſo abyde the ſpace of halfe a Pater noſter: then loſe it agayne/and tye it agayne. Do this the ſpace of a quarter of an houre: than tye his armes aboue the elbowe lykewyſe/thus ſhalt thou drawe al the blood from ẏ head. But ye muſt handle thys thing warelye/ leſte ye let the numbre to longe to be tyed/whereby the membre might be aſconnyed or choked.

Suppoſi-

Superfluity of blood.

To make the noſe to bleth.

But if the heade burne to ſore/take the iuyce of Porceleyne / and ſtrake the head and tempels therewyth/or where the moſt heate is.

Heate in the head

If the heade doth ake ſo ſore/(by reaſon of a morre or runninge) that he can not ſnoffe hys noſe/than were it good to vſe confectes made of the apothecaries/called Naſalia/and put them thereinto/ or els Margerim wrechen together/and put into the noſe/for the ſame draweth out all euell humors. If ye can not haue the ſame nother/thē take a grene rote of betes/as longe as a finger and a halfe / ſharped a litle and bruſed/put theſame into the noſe/and let it abide the ſpace of a quarter of an hour/theſame draweth out alſo all euell humors.

Headake of a mor.

But if ye can not haue theſame nother/than take the ſede of Cokle/that is founde in the corne/beate it to pouder/put the ſame into the noyſe / that draweth ſore. Or els take a pot/and put rapes into it/and ſeth them/ than holde thy noſe ouer it/that the vapor or hote breth aſcende ſo into thy head/ that thou do euen ſweat with it.

Or take water creſſes dryed/not in the ſunne/ but in the ayer/braye the ſame to pouder in a morter/or within your handes/ſyft it through a lynnen cloth. Howbeit if it would be to long to drye it in the ayer/then drye it in an ouen/when the bread is drawen/or els in a ſtoue or hote houſe.

Headake of Melancoly.

But if one hath payne in the head of Melancoly / his diſeaſe is come by colde/and of drye complexion. Dicte theſame and gyue him to eat meates ẏ are hote and moyſt/to chafe hys nature and moyſt hys body. If he haue no sieges/then geue him the fourth part of an vnce or iij. drames of Diacarthami/before daye breake/and let him walke vp and doune/vntill he get a siege. But when the siege is done/then gyue hym ſome thynge to comfort him or that may reſtore hys ſtrength/as ſuppinge or broth of chekins / or yonge beafe/and mixe ſomtime a litle beaten ſaffron in hys meate. After that may ye geue him a fewe pigges fete/for the ſame make hys veynes tender and moyſt/& geue him ſomtyme in the morning or daye tyme milke to drincke/ẏ is ſodden with egges: that ſtrengtheneth hym/and geueth nature force. Alſo oughte he to bath ſomtime a litle in a bath made with Fenel or Heyſede/ gathered vpon a heye loft/& otes ſtraw: but ye may not bath to long nor to hote. If in bathing the ſweat will not in ſhort ſpace iſſue/thē go out: for thē is not the bath good for thy/& kepe thy ſelfe warm after it/leſt thou do take colde vpon it/& beware of all meates that may coole & dry the/ as muſtard/ garleke/onyons/lekes/alſo of harde or olde cheſe/Martinmaſſe beafe / Haringe/read haringe/Lynge and ſuche lyke.

Headake of flegma.

But if the headake commeth of flegma/namely of cold and ſuperfluous moyſture/then is it neceſſary to purge the heade wyth pilles Cochie / and pilles De iera. Beware of ſuche thinges as coole/and bringe corrupte moiſture/as fruyte/water/fleſhe/freſh cheſe/new bread/and all that is of euel digeſtion. His temples ought to be anoynted wyth oyl of Camomille. But if thou haſt not oyle of Camomill/then take two egges ſhelles full of floures of Camomil/grene or ſeere/and ſeth them in wine and water together/ and when it is ſodden to the halfe/then ſtrayne it through a cloth/and put therto butter/ſo much as a gouſe egge/and then boyle the water and wyne awaye: Bath his fete alſo in a depe tob / euen vntill the knees/that the hote breth maye thorow warme his body/& he may ſweat. Into this water put two handfulles of floures of Camomille/and a handful of heyſede well ſodden. If he do ſweat well/laye hym to ſlepe/& couer him warme: if he coulde ſweat in the bed/that ſhould do hym good/then gyue hym a litle grene ginger/and a litle coriander ſtiped a night longe in vinegre and dryed agayne/ theſame doth chafe his head and ſtomack/and conſumeth the euel humors/ that riſe out of the ſtomack into the head/and trouble the braynes/ that ſame doth it ſwage. Geue him alſo in the morninge faſtinge/if he can bear it/ and let him faſt two houres there vpon: Take thre quarters of an vnce of aqua vite/a peny weyght of beaten ſaffron/ and a peny weyghte of beaten Cinamon/half an vnce of Bugloſſen or Oxetunge water/ mixe theſe together/let them ſtand a day and night/then ſhall it be tempered the one with the other. Thys doth warme hys ſtomack/riſeth into hys head/ dryeth hys moyſt braynes/wherof his diſeaſe commeth in the heade. Let him eat meates of good digeſtion / and not to muche at ones: for ſo longe the ſtomack is

Nota.

colde and moyſt can it not digeſt wel/and if he eate much/therof wareth it full of ſlyme and filth/and many diſeaſes growe of it/as payne in the head/ greuous couginges/agues/gripinges in the belly/wormes/payne in yͤ mother or matrice/and many other:and if the payne lieth in the heade/then let him be bathed/ſpecially wyth theſe herbes:Take of Ualeriane and Fenell of eche a hand full/Otes ſtraw two handfull/a peck of Otes/but if thou haſt no Otes/take the ſtraw only/Heyſede/of euerye one iij.handfull/ put theſame into a litle ſack/and ſeth it in a kettel wyth water/ bath therwith/ and when he is thorow warm and ſweateth/then renſch hym wyth louke or bloode warm water/and caſt a cloth or twayne ouer hym for coolinge/ laye hym doune/couer hys body and head warme/that he may alſo ſweate in the bed:afterwarde take ſome of the coueringe awaye/let him ſlepe a litle in the bedde/and after that geue him a good broth of a pollet or chycken/ or els a ſupping of yong beafe or veele that is not ouerfat/or els the broth of graye peaſen/with beaten ſaffron the bignes of a peaſe:but he maye nether eat nor drink to much/⁊ then reſt a litle. If he can/let him ſweat a litle after it/⁊ be alway ſtill/both in the bath and alſo bed/as he is in the heat or ſweating/leſt he become to fel. The head waſhen wyth lye/wherin are ſodden yͤ floures of Camomil/taketh away the euill humors of the head and braines yͭ are gathered ther in with cold:theſame doth alſo the water where in floures of Camomil are ſoddē/⁊ put vpon the head. But if yͤ head did thus ake/ by reaſon of a conſtipacion or ſtopping/ſo yͭ ye could not wel take breth/thē bye halfe an vnce of Cinomon vnbeaten/ and eate oft a litle thereof/or els take a pece of bread/ſtipe it in wine/and ſtrowe Cinamon beaten vpon it/ eate the ſame/that taketh awaye the ſtoppinge/miniſheth the ſlyme / of the whych the ſtoppinge is engendred.

Headake of ſtoppinge.

This medicin doth alſo miniſh greatly/and taketh awaye the payne in the head:Take a pint of wine/warme theſame/then take four yolkes of egges/beate theſame in the wine/and moyſten hys head well therewith: theſame draweth out the heat/and alayeth the payne.

But if the head ake were come of cold ayer or windes/ thē waſh yͤ head with water/wherin are ſodden yͤ floures ⁊ herle of Camomil/after yͭ ſtrake yͤ forhead/tēples ⁊ ſtomak wyth yͤ foreſayd oyle or butter/or els ſtipe ſoft clothes therin/⁊ lay thē into the neck/the ſame draweth out the euil moyſtnes ⁊ cold/⁊ warmeth yͤ head. Water diſtilled of Betony/⁊ a cloth dipped therein/⁊ preſſed wel out agayne/and then wrapped or tyed hard about yͤ head/ reſtoreth the head that was diſtempered wyth cold moyſture ( euen yͭ ſome fall into frenſy)ryght well to his former eſtate. But if thou canſt not get the water/but canſt haue the herbe/then ſeth the ſame in wyne/mixt wyth the third deal water/and vſe the ſame in ſtede of the diſtilled water.

Headake of colde ayer.

### A wounderfull experience for the headacke.

SEt a diſh or platter of tynne vpon the bare head filled with water/putte an vnce and an halfe/ or two vnces of molten leade therein / whyle he hath it vpon the head. Or els makē a garlande of Ueruayne/ and wear it daye and night/that helpeth wounderfully.

Lykewyſe mayeſt thou take two hand full of Veruayn/ theſame mayſt thou chappe ſmall/⁊ ſeth them in a quart of wine/put thẽ into a littel ſack/⁊ laye them hote vpon the heade/twiſe or iij.tymes/that healeth well.

### *A ſlouggiſh or ſlepery diſeaſe.*

A ſlepery diſeaſe.

THys diſeaſe commeth gladly and lightely of colde ⁊ much moyſtneſſe/ ſpecially to a good folke/becauſe their naturall heate is gone. This diſeaſe is thus knowen:they haue alway great heat/ whereof the cauſe is an impoſtumacion/yͭ lieth in the head behinde/and his brine is pale and thick. By reaſon of yͤ diſeaſe ⁊ yͤ trublinge of his head ⁊ braynes/he lieth or ſitteth/ makinge ſemblance as though he dyd ſlepe/and yet doth not:he wendeth ⁊ waltereth/⁊ happely his head ⁊ fete do mete together:theſame muſt be healed of thys wiſe:Bye a litle nyſing pouder/or els take the ſede of yͤ Nigella that is founde in the corne feldes/beate and vſe them in ſtede of the nyſinge pouder/or els vſe the floures of muſtarde ſede / or take beaten Mergerim gentle/put any of theſe into hys noyſe oft tymes / and cauſe him oft to nyſe. Rubbe alſo the ſoles of his fete oft wyth warme water/vinegre ⁊ ſalt/with a wollen cloth/the palme of his handes alſo/and kepe his belly louſe wyth ſuppoſitories of alum/or other/as I haue taught before/and let him be layd in a place where much light is:let alſo much communication be had wyth hym/to hinder him of his ſlepe/and kepe him from ſlepinge. But if he hath great heate/then maye he be bathed in a bath / that the vncleane heat and moyſtneſſe maye auoyde from him/ and anoynte hys heade wyth water/ wherein are ſodden Camomille/Anis and Wormwood.Roſes drye or grene were good alſo/of eche a few/that the water be not to ſtronge: for the waſhynge and bathynge doth muche good to the heade/ by reaſon it doth comfort the ſame.

To the patient may be gyuen Diapenidion/Diagalanga or Pliris cum muſco/made in the Apothecarye.

But if the brine is rede/and the pulſe beateth ſore/then commeth the diſeaſe by heate:let him then vſe colde medicines/as confect of roſes or violettes.Alſo were it good ofte to burne the heyre of a man before hys noſe/and he ſo to receyue the ſent thereof.

Galen ſayth:He that hath payne in the hindermoſt part of his head/ the ſame muſt be let bloode vnder the chynne/ſpeciallye on the ryght ſyde.

### *A medecin awaking a man ſore, and withſtandeth ſlepe greatly.*

To driue ſlype avvay and to avvak a man.

SEth or boyle Rew or Herbe grace and vinegre of lyke quantite in a couered veſſel/and when it is ſodden/put a litle more vinegre to it/and put yͤ Rew into a litle cloth/⁊ put it then agayn into the veſſel wher yͤ vinegre is: ⁊ when thou wilt awake hym/then take the cloth/holde it to his noſe / and browes/⁊ to his temples/theſame awaketh hym continentlye/⁊ cauſeth to ſlepe nomore.Stronge vinegre holden to his noſe/ſo that he holdeth in hys breth/doth lykewyſe:for he awaketh / and ſpecially a fether dipped in ſtrõg vinegre/and thruſt into the noſe ſo far that he be conſtrayned to nyſe.

Penyreal dipped in vinegre/and holden to the noſe/doth likewyſe.

Two

ij. Thinges hinderinge ſlepe.

Two thinges hinder a man of his ſlepe/the one is natural/the other vnnatural. The vnnatural hindꝛance of ſlepe weryeth a man/ and coleth him inwardely.

But he that hath payne in the heade by reaſon of exhalation oꝛ vpbꝛaythinge oute of the ſtomak into the head/let the ſame eate ripe quinces after bꝛeakfaſt/ that are well roſted/theſame refrayne the vpbꝛaythinge into the head/and dꝛiue dounward to the ſiege.

But if the vpbꝛaythinge come by reaſon of a colde ſtomacke/then were it good to eate Coꝛiander ſede/after bꝛeakfaſt/the whych is ſtiped in vinegre a daye and a night/and dꝛyed agayne/thys withſtandeth the vpbꝛaytynge of the ſtomack.

Oꝛ els gyue him to dꝛinke the iuyce of woꝛmewoode/ſo muche as conteyne an egges ſhell/with as much wyne:this ſame is good foꝛ the euil euapoꝛacion oꝛ riſinge vp into the head.

They whyche are inclined to this diſeaſe of the heade/ oughte to be litle ſturringe/ and beware of meates that be of euell digeſtion/as Martimaſſe beefe/ſalt fiſhes/oꝛ moulberries:foꝛ they cauſe euel euapoꝛacions to riſe into the head.

Headake vvhoſe cauſe is not knovven.

Him alſo that hath headake/and woteth not whereof it is/mayeſt thou heale of thys wyſe:Take a penywoꝛth of pepper/⁊ as much beatē muſtard ſede that is not ſteped/mixe theſe two together/ let him take there of in hys mouth ſo great as a ſmall beane/and remoue it wyth his tonge hyther and thyther / let him kepe it thus in hys mouth a whyle/and it ſhall dꝛawe the euell humoꝛs out of the head into the mouth. Thys muſt be done faſtinge/ and thꝛe houres in the daye.

## *Headake of muche niſinge.*

Headake of much niſinge.

If a man doth nyſe much/that cometh by reaſon of colde in the head/ him mayeſt thou heale of this wiſe:Purge the head with pillule auree/ oꝛ pillule de hiera picra/after that let him eat nutmegges/Coꝛiāder and Clares/ and let him oft ſmell at Caſtoꝛeum/oꝛ els put a dꝛop of Oleum benedictum into his noſe and eares in the moꝛning/that chafeth/⁊ let him eate oetmeel gruell/and dꝛinke wyne oꝛ ſtale bier oꝛ ale/nother let him eat meates that be moyſt of complexion/but dꝛye.

## *Of apoſtemation in the head and braynes.*

Apoſtematiō in the head and braynes.

The bꝛaynes are greued many waies/ſomtime of yͤ ſtomak/whē a man eateth meates/that the ſtomake can not digeſt/and lye ſliminge ⁊ rotting in the ſtomack/yelding an vpbꝛaythinge into the head/ wherof yͤ head hath euer payne/and thereof are the bꝛaynes diſeaſed.

Phreneſis.

Somtime engendꝛeth an apoſtemaciō in the bꝛaynes of ſome litle ſkinnes/that enuiron the bꝛaynes/theſame are called Phꝛeneſis. He that hath yͤ ſame apoſtemation/can not ſlepe/and becommeth ſomtyme mad. Theſame apoſtemation commeth ſomtyme of Colera/when yͤ ſame is inflamed / and bꝛeateth vp into the heade. It commeth alſo of hote bloode / that lyeth in the harte/and bratheth vp into the braynes:he that hath theſame apoſtemacion/hath alſo great drought in the mouth/and the tounge wareth black/& he becõmeth read vnder yͤ eyes/& ſpecially about yͤ noſe/& ſuch apoſtemaciõ haue they moſt/yͭ are of hote & drye complerion/whẽ they labour or trauail to much. He yͭ hath this diſeaſe/yͤ firſt iij.dayes when it ouertaketh him/ muſt he let blood in yͤ Cephalica/that is the veyne of the head/and the ſame daye ought he to let blood in yͤ forehead/or els ſet horſelcaches or blood ſuckers thereto.But if the horſelcaches will not ſucke/ then anoynte the temples wyth wyne/then do they ſit to by and by.

Good hede ought to be takẽ to them and wel kept/geue thẽ none other meat/thẽ bread ſteped in almondes milke.Geue thẽ almond milke to drink & beware of meates of hote complerion/let thẽ be ſtill & quiet / & beware of verynge and anger/or els becomme they lightly franticke and madde.

Beanes are not good for feable braynes nor lentilles.

All men yͭ haue feble braynes ought to beware of beanes / for they trouble the braynes/and cauſe heuy dreames/the braynes and head ſycke. The lentilles do lykewyſe/for they cauſe euell bloode/and ſtop the bowels & veynes/that they can not ſweate/& that in ſuch men as labour not/ tender and ſycke feble/they hurte the breſte/the lightes/the eyes/ the ſkinne aboute the braynes/and all the veynes of the body:Contrary to this are ſpeces/ which comforte and fortifye the bodye/head and brayes.

## *Of whirling in the heade.*

VVhyrlinge in the head.

MAny are whom the heade whyrleth ſo ſore/yͭ he thinketh the earth turneth vpſyde doune/yͤ ſame alſo hath payne in yͤ eyẽ/he thinketh yͭ a ſorte of flyes do flye before his eyen:thoſe may be healed of this wyſe:They maye drinke no ſtronge drinkes nor wine/without it be wel alayed wyth water/& to thẽ ought to be geuẽ pilles made of half an vnce of Aloe/& a peny weyght of Maſtix/geue him of them euery night fyue/yͤ bignes of ſmal beanes/and geue him after yͤ Diamargariton or Dianthos / or els Diapliris/for theſame comforte the head and ſtomack/and anoynte his head wyth oyle of Camomille.

Or els take Betony/whoſe leaues muſt be dryed in the ſhadowe / and made to pouder/theſame ſtrowe or ſtrake vpon a pece of bread / beyng ſtiped in wyne/and eate theſame in the morninge and at euen/theſame reſtoreth the braynes. Or els take Cerfoil or Cheruill ſodden in water/ and lay it to the temples and forehead/theſame warmeth the braynes and heade/& take Pennyreal made to pouder/and drinke it wyth water of Pennyreal. Comin refraineth the whyrling/comforteth the braynes/and maketh them to growe agayne or encreaſe.

## *Another for the whyrlinge.*

COmmen ſtiped in vinegre thre dayes longe/and after dried agayn/& at night when one will go to bed/kept hole in the mouth / & chawed as longe as a man can/at the laſt ſwalowed doune/etc.Some eat it made to pouder/but it is not ſo good.

If it were a ſicknes feruent/by reaſon of an exceding colde or whyrling/

then take the braynes of a hogge/roſt the ſame vpon a grede yron / and cut ſlices therof/⁊ ſtrowe a pouder there vpon made of Cummin/Peonye ſede ⁊ Penny real in like quãtite: this is very good/put therto ſo much miſceldẽ of an oke/as any of yͤ other ſpices made to pouder alſo/⁊ geue it to yͤ patiẽt/ let him vſe this iij. or iiij. tymes after another/⁊ he ſhall be healed. For it driueth out all ſuperfluous humours of the braines/and drieth ⁊ ſharpeneth it.

## *VVhen a man can not ſlepe.*

Oft tymes commeth that a man can not ſlepe by reaſon of the heat of yͤ braynes mouing/ſomtyme by reaſon of the read colera / whiche is hote and drye/ſomtyme by reaſon of the black colera/which is colde ⁊ drye/ when melancoly is riſen into the head/ſomtime commeth it by reaſon of exceding heate/that is riſen into the head of ſwete moyſtineſſe.

vvaking vnnaturall.

If the waking come of melancolia or ſorowfulneſſe/ then becommeth a man ſtrayght about the cheſte or ſtomake/⁊ his heat is dry: yͤ colour alſo of his ſkin is altered. But if yͤ waking come of yͤ rede colera/ then wareth hys ſkin rede colored alſo/then gyue him barly water to drinke. But if the waking come of the black colera/then becommeth the ſkin of the patient pale/ and he hath muche carefulneſſe/anguiſh and penſifneſſe. But if it commeth of phlegma/then becommeth the patient heuy and ſlouggiſh.

vvaking of melancolia.

vvaking of reade colera.

It is to be conſidered/that if a man watche much/it maketh him heauy of courage/and that commeth by reaſon hys membres drye / wherein lieth the power of the bodye / and it hindreth alſo the digeſtion of the ſtomacke/ whereof are engendred euill moyſtures in the bodye.

Nota.

If the weaking is cauſed by colera/then waſhe hys head wyth water/ wherein are ſodden leaues of violettes/or els Lettis/or the ſede of it/⁊ ſtrake the heade wyth women milcke.

Alume the bignes of a great bean kept in the mouth/draweth the moiſtneſſe out of the heade: after that waſhe the mouth with water/and beware of all thynges that are hote of complexion.

Cure of the vvakinge of colera.

If the waking be cauſed by reaſon of heate/take whyte or black poppy ſede/braye theſame in a morter/poure water therin/and make a milke of it/ which geue him to drinke. Or els ſeth the toppes of black poppye in milke/ and let him drinke it. Take a diſh of black poppy ſede/beate it well/ temper it wyth water blood warme/that it ware as a thick milke/ moyſten therein a fyne linnen cloth a hand broade / and as longe that it maye go aboute hys heade: theſame doeth coole hys heade/and if he awake aboute mydnighte/do it agayne. Howbeit ye muſt take hede/that if he haue no ſieges/ then geue hym to bedwarde halfe an vnce of ſyrope of Violettes/wyth an vnce of warme water / mixte together / but let it be colde when ye wyll miniſtre hym theſame: geue hym alſo to drinke creame/ or potage of peaſen ſodden wythout anye ſalte or fatneſſe/onlye peaſen/and let hym drincke theſame bloodwarme in the mornynge / lett hym after thys lye hygh wyth the head/well coutered/and let him faſt herevpon ſixe houres. Neuertheleſſe if he ware faynte/and hath had a ſiege/then maye he eate and drinke a litle/but beware of exceſſe.

vvaking of heate.

The crounes vpon the poppy heades ſodden in milke/ make of the ſame a pappe/and thereof at night:the ſame maye be geuen a yonge childe / and it cauſeth to ſlepe faſt and reſtlye. Or els take Betony/and laye it vpon hys heade.

If one ſlepeth vnreſtly/let him eat lettice:but is it a chylde / let the Lettice be well ſodden in water/and geue him the ſame to drinke.

## *Of one that hath the palſye.*

The palſey. THe palſey taketh men ſundery wyſe/for ſomtime commeth the diſeaſe by anger/ſomtyme by colde/ſomtyme by ſuperfluous eatinge and drinkinge/whereof is engendred in man ouermuche ſlyme/whereby the veynes are ſtopped/or els that the blood encreaſeth exceſſiuely / and ouercommeth the harte/or els ſtrayth in the membres/of the which is cauſed the palſeye. It taketh men alſo that be lecherous/whoſe mary in the bones wayſteth & cooleth/ſo that vnwares all his force fayleth/and he finally doth dye.

Somtyme doth it take anye of the membres that haue ben maymed/ and not well healed / whereof they waxe ſomtyme ſere/and can not ſuffre the heate of the harte / whiche is cauſe of theyr death and deſtruction/and the membre becommeth lame and wrye.

The cauſes of the palſey. This diſeaſe taketh ſomtyme the one membre/as hand or fote/ſomtyme the halfe body/or the tonge/ſo that a man can not ſpeake ; ſomtyme cōmeth it of ouermuche ioye/ heuineſſe/meate or drincke/ouermuche laboure/reſte/ ſlouthfulneſſe/feare/ſwounynge/hartequake/and of ſuperfluitye of bloode/ flegma/colera or melancoly.

Somtyme is the cauſe/that the two ſtrynges / comminge doune from the brayne through the backbone into the fete:through the one goeth the naturall heate/and through the other the colde/that the ſame ſtringes (I ſaye) are ſtopped/ether the one or both. Wherfore/in whatſoeuer membre is ſtopped thys ſtringe/that the naturall ſpirit can not come into the ſame/it wareth lame. Let euery Phyſicion or Chirurgeon therfore rule him after this/ and well and exactly knowe/and ſerche the cauſe of the diſeaſe/that he may the more certaynly knowe how to heale the patient.

Superfluitye moyſture. If moyſture is cauſe of the diſeaſe / then muſte the ſame be miniſhed by ſuche thynges as conſume it/warme and comforte the bodye/of thys wyſe: Take Lauender/Sage/Couſloppe called herba Paraliſis/ Reu/ Iuniper berryes/of eche a handfull/a pint of Aqua vite/ a quarte of ſtronge whyte wine/putt all theſe into a greate potte/ and ſet it into a kettel wyth water/ and let it ſeth well. Wyth thys wyne ſtreke the lymmes greued twyſe in the daye/and let them drye agayne by them ſelues/and drinke twyſe in the day of this wyne/at euery tyme ſo much as an egges ſhell conteyneth.

Superfluity of bloode. But if the diſeaſe is comme by reaſon of ſuperfluitye of blood/then muſt he be letten bloode incontinentlye. And if the diſeaſe is in the righte ſyde/ then let him bloode in the lefte ſyde : If it is in the lefte ſyde/then lette him bloode in the ryght ſyde/in the arme/and geue hym halfe a dragme or triakle in a bath / wyth warme wyne / wherein Caſtoreum hath ben ſodden. But if thou haſte not Caſtoreum / then take Lauender or Sage water/

drinke that/the ſame helpeth.But if thou haſte not the water alſo/ſeeth the herbe ether of them in good wyne/and drincke it. Or els take fyne Sage/ Lauender/of eche thre handfull/let them ſtepe in thre pintes of wyne xiiij. dayes/after that ſtyl and drinke it. If ye can not ſtylle it/then ſeth the wine wyth the herbes/and geue hym to drinke of it.

### *If the palſey hath taken a man, and his membres were ſo holye taken,that he doth not feale when he is touched vpon the ſame, then let him be bathed drye of this wiſe.*

A bathe for the Palſye.

COuer a bathynge veſſell well and cloſe / laye brickeſtones in the fyre/ that they ware glowynge hote.Take alſo Iuniper berries / Mullen called Tapſus barbatus/and reade Organ/of eche foure hand full/ ſeth the ſame well in a kettel well couered / or els in a pot/and putte ſixe quartes of good wyne thereto / put hote water in the bathynge veſſell/that it be well warmed.And before thou entreſt into the veſſel/take two tyles that be hoted/put them into a tobbe/ and poure of thys foreſayde wyne vpon them/ſo that euen the very bathynge veſſell be warmed wyth it:then ſet the patient in the veſſell / and take alwaye a ſtone out and into the tobbe/and poure of the wyne vpon it/vntill he do ſweate. But ye muſt beware leſt he do bath to hote/that he faynt not/or that he bath not to longe. Of thys bath are all hys membres chafed/and that helpeth hym very well. Whē he goeth furth out of the bath/then let him laye himſelfe vpon a bedde:and if his ſtrēgth is ſo good/that he can ſweat in the bed/that is very good for him.Let him alſo beware for takynge colde.And when he wareth drye/then let hys lamed lymmes be ſtraked wyth water of Lauender. If ye haue not the water/ then take the wyne wherein Lauender hath ben ſodden wyth Sage / or els Sage alone/do thys thre tymes in the daye.If he hath ſtreingth ſufficient/then let him be bathed ix.dayes longe/euerye daye ones. He ought alſo to be anoynted wyth halfe an vnce of Caſtoreum made to pouder/ with ij. vnces of oyle of oliue warmed/let hys limmes be anoynted therewith threſe in the daye/if he can ſuffre it.

### ¶ To reſtore agayne membres that be lamed or taken.

To reſtore agayn mēbres that be lamed or taken.

TAke Sage and ſeth it in water/put it into a longe pott: if the diſeaſe is in the handes / then putte alwaye one hande into the pott/that the exhalacion come to it ſo hote as ye can ſuffre it/tyll it do ſweate. After that take halfe a pounde of Aqua vite/and a hand full of Sage/ and as muche Rue/cut them ſmall/and ſeth them in the Aqua vite/in a pott wyth a narrowe mouth/well ſtopped/and ſo putte into ſethynge water.

If the Aqua vite is dronke in of the herbes/than put more therin/⁊ ſeth it vntil it boyleth/then put a litle therof into a gobblet or other crewyſe/wel cloſe / and chafe it ſo warme as ye can ſuffre it: ſtype a ſofte or fyne cloth therein/and ſtrake the patientes lymmes therewyth by a fyre. After ȳ take oyle of Camomille/and put thereto as much Aqua vite/and ſtrake theſame wyth a ſoft linnen cloth about the ioyntes of the paciente. The cloth oughte to be made of thys wyſe / that it be as longe/that it maye couer the ioynte holy: then winde a black ſhepes ſkinne about the ioynture/ euery euen and morow/xiiij. dayes continually.

But if the Palſye hath taken a foote/arme or knee/ then put the herbes out into a tob/laye a pece of wood therevpon/ſet the fete ther on/ and couer the tob cloſe. And when it wareth colde / then chafe it agayne wyth a hote bricke/and bath the membre/as afore. But if the diſeaſe were in ether of the houkels or ſhoulders/then muſt the foreſayd herbes be putt into a litle ſack or bagge/beynge brode and longe halfe a yarde/and then ſeth it/ and laye it hote vpon the taken membre: and when it wareth colde / then to laye another ſtrayghte waye in the place/ and anoynte hym as before/and kepe the membre that is taken allwaye warme. Lette hys meat and drincke be allwaye ſeaſoned wyth beaten ſaffron/according as he couled. Lette him alſo eate oft yonge hogges or porckes fete/ſodden wyth rapes: the ſame comfort the ſynewes. Or els let him vſe in ſtede of ſaffron/Cinamon/or els the ſoueraygne Bugloſſe.

## ¶ For trembling or ſhakinge of the handes.

Trēblīge or ſhakinge of handes.

Waſhe thy handes oute of a Lauor wyth colde water/ and let them dry by them ſelues/as oft as thou doeſt waſh them: but it were better if ye layd Sage there in.

If a man ſtandeth in feare of the Palſye / let the ſame eate euerye mornynge two or thre muſtard ſedes/and two pepper cornes. Theſame is aſſured for the ſame diſeaſe that daye.

## ¶ Of dronkenneſſe.

Dronkē-neſſe.

Dronkenneſſe commeth oft by ſuperfluous and vndigeſted vapor/braythynge vp/and troubling the braynes. Lykewiſe doth alſo the Son/ wyth ouerchafynge heade/whereof the braynes ware feble/ and mans heade aketh: which accident dronken folke doth ouertake alſo. Dronkenneſſe doth alſo weaken the wytte and body of man wyth the memorye ſo ſore/ that he knoweth nomore what he doth/then an vnreaſonable beaſt.

To vvax dronken and yet drincke not ouer muche.

It chaunceth otherwhyles to ſome folke/to be dronken/and yet do not drinke ouermuche: and that happeneth two maner of wayes: Fyrſte that they haue ſo great payne/or wept ſo much/that thereby their braynes and head are become feble: and when they drinke/the drinkinge doth ſo muche the ſoner ſtrike into theyr braynes. Beſydes thys are many men/that by nature haue a feble head and braynes/though they are no great drinkes/ and therfore doth the drinke runne ſone into theyr heades. This alſo happeneth diuerſe wayes: Firſt/becauſe the drinkes are to ſtronge for them. Secondly/becauſe the wedder or place where they drinke / are to hote for them / or els the Sonne hath febled their braynes. Thyrdelye/if they are in a whote place and much noyſe/whych they are not accoſtumed/wyth that doth the drinke ſwetely ouercomme them/etc.

If the dronkenneſſe is of hote complexion/then anoynte hys head with oyle of roſes/ or oyle of violettes / or both mixte together/anoynte (I ſaye) hys head and temples there wyth:after ỷ geue him to drinke water of Poppy/beaten wyth water of roſes/and mixte together lyke milke. After that ſet his fete into a warme water/rub thē wyth ſalt/wyth a wollen cloth/⁊ then anoynte them wyth oyle of violettes/that the vapors maye ſynke doune out of the head. After the ſame cauſe him ſieges with pilles of alume or ſope/or els wyth the yolke of an egge and ſalte. Let hys drinke be barly water/or els ſyrop of violettes/wyth as muche agayne blood warme water to drinke. All thys haue I chefelye ſhewed therefore/that if a man douteth/he maye knowe how to helpe him ſelfe.

Dronkēneſſe of hote cōplexion.

I rede/that if a man do eat thre carnels of Almondes/he doth not lightely ware dronken. He ỷ knoweth he is greued wyth that impediment/ the ſame ought ſo much the more take hede to him ſelfe/ leſt that rudeneſſe and misbehaucour happen to hym:for it maketh feble euery mannis body and ſoule/his vnderſtandynge/witte and honeſtie/etc.

Nota.

If a man is greatly thyrſtinge/and dare not drinke his fill/the ſame ſhal ſlake hys thyrſte of thys wyſe: Lette him take flint ſtones/the bigneſſe of a Wallnut/and laye them in colde water/and nowe and than lette him take one of them into his mouth/that ſhall make hym moyſte.

To ſlake thyrſte.

## ¶ For the fallinge euell.

AGaynſt the falling euell or ſykneſſe / take miſcelden of oken tre wyth the barke an vnce miſcelden/of Pere tre half an vnce/ the parynge of the toppet of hertes horne a quarter of an vnce: make of theſe thynges a pouder/and geue the patient thereof to drincke/the more he drinketh thereof/the better it is/and thys muſt he do faſtinge.

Fallinge ſickneſſe

Putte alſo of the pouder into a cloth/and laye it vnder hys head wythoute hys knoweledge/ and lette hym ſlepe there vpon.

Thys pouder muſt he vſe in the morning faſtynge/and to bedwarde at euen/and lette the pouder be refreſhed euerye night. Lette alſo the pouder to be layde vnder hys head/and the pouder that he drinketh/be of like weighte. Thys doth helpe hym.

Macer writeth that the rootes of Peony be verye good for the fallinge ſykneſſe/if they be hanged aboute the necke. Galene dothe alſo write of a chylde/whych had the roote of Peonye hanging about hys neck/ and was fre all that whyle of the fallinge ſickneſſe/that it was about it:and when it was fallen of by chaunce/than gat it his former diſeaſe agayne.

Lib. 6. ſimpliciū

Hipocrates ſayth alſo/ that he dyd tye a chylde of fyue yeares the rote of Peony aboute the necke/and it roſe continentlye agayne from the fallinge ſyckneſſe/and was hole:and thus is it twyſe proued.

If it be a man ỷ is greued wyth thys diſeaſe/let theſame take a he Wolues harte/and make it to pouder/and let him vſe that agaynſte the diſeaſe: but if it is a woman/let her take a ſhe Wolues harte/⁊c.

## ¶ A wounderfull pouder for the falling ſyckneſſe.

Pouder for the fallinge ſickneſſe

TAke a liuinge or quick molle/open him/and take out the entrailes/and caſt them awaye. After that put the Molle wyth ſkinne and alltogether into an earthen or ſtone pott/ſtoppe the ſame wel and cloſe wyth clay/ ſet it then by the fyre/and let it ſtande vntill the moll is conſumed holye to pouder. After that laye the ſame pouder vpon a marbel ſtone/that is clene waſhed/⁊ take the iuyce of Couſloppe leaues or rotes two vnces/⁊ grinde the ſame wyth the pouder in the Sonne. The nexte daye grinde it agayne wyth the iuyce/⁊ agayne the thyrd daye/and let it alway drye in the Son. After that take the rotes of Baſil/and ſtampe them/ and take an vnce of yͤ ſame iuyce/and mixe them together wyth the forſayd pouder/as is ſayde of the Couſloppes/but no more ſaue ones. After take the rotes of Gentian dried/⁊ make a pouder thereof: of thiſſame pouder mixe a quarter of an vnce with the forſayd pouder. After that take an vnce and an halfe of the rote of Peony/made to pouder/and mixe it wyth yͤ pouder ſpecifyed before. Hange alſo a root of Peony about the neck. Drinke of the forſayd pouders a quarter of an vnce wyth bloode warme wyne / lye doune to bed/and couer thy ſelfe warme. After that in thy meate to beddewarde put the other quarter of the pouder/and do ſo whyle the pouder laſteth. Eate litle at nighte/no entrayles of beaſtes/as harte/lyuer/⁊c. nor ſucker/and kepe good diet/ and thou ſhalt be hole.

## ¶ To knowe whether a man be poſſeſſed wyth an euill ſprit/and how he maye be holpen.

Of ragig

INſania/in Latin ſignifyeth Madneſſe/ theſame commeth somtyme of euill meates / ſomtyme of ouermuche drinckinge/or if a man beynge hote/drinketh colde drinke/ſomtyme of ſuperfluous ſlyme that lyeth in the ſtomacke of meates that be not well digeſted/ſomtyme of meates that be hote of complexion/as are garleke/ pepper/and ſuche lyke. Somtyme doth it come of the bytynge of a mad beaſt/ or of an infecte ayer/or anger / or ouermuche ſorowe/ſomtyme alſo of euyll moyſture/or that a man hath had no naturall ſiege a great ſeaſon / and the corruption is rotten within him/and the vapors are riſen vp into his head/ and the braynes are perfumed and corrupte therewyth/whyche cauſeth a man then to be wytleſſe and ragious.

Siege = stool

Raginge cauſed by blood

If the madneſſe commeth of the blood/then doth man ſinge and is merye/ſomtyme thynketh he/that he is in heauen/or els that ſome bodye talketh to hym/ſaynge he is God/or an angel: ſomtyme that he is ryche and welthy.

Cõgeled bloode.

But if the madneſſe commeth of congeled or burnt bloode/ the ſame are ſomtyme a litle mery/after that waxe they angrye/crye and beate themſelues and another.

Raginge cauſed by colde and drought.

If it commeth of colde and drought/then doth he alwaye gloome / wepe/and feare hym/that is not to be feared. Somtyme thincketh he that the ſtickes and ſtrawes he ſeeth/are ſerpẽtes/todes or ſuch venemous beaſtes/

he crepeth into the darcke/bendeth his handes together/wening ſome body will take ought out of them: ſomtyme croweth he like a cocke/ſomtyme barketh he like a dogge/and many ſuch foliſh toyes vſeth he.

But if it commeth of Flegma/then are hys braynes corrupt and ſlymed wyth colde/and thereof becommeth he madde: to ſuche one doth the deuill gladly accompany/and ſo is he poſſeſſed.

Raginge cauſed by flegma.

He that is becomme madde wyth ſadneſſe and heuineſſe/to him oughte fayre be ſpoken and made merye/ manye thinges ſhoulde be promiſed him/ and ſome be geuen. If it is a man/theſame ought to be refreſhed wyth weomen/theſame auoydeth anger. But if it is a woman/theſame ought to be refreſhed wyth men/and to their company admitted: theſame bringeth them to their right minde agayne. It is good alſo to geue them meates of good digeſtion/as mutton/chykens/new layd egges/whyte breade and drinkes not to ſtronge. If they haue no ſieges/then gyue thē pillulas cochie to bedward/theſame purge the heade. It is to be conſidered alſo/that if he haue muche blood/then ought he to be letten in the middelmoſt veyne of the forhead: ſixe dayes after ought he to be letten blood vpon both the handes / by the thombe in the Cephalica. Let him vſe meates and drinkes cold of complexion/let him not drinke wine.

Sadneſſe or heuyneſſe.

¶ Thys drinke were good for ſuche one.

Take a diſhe full of barly/ Licoris an vnce and an halfe/cut yͤ ſame ſmal and take an handfull of Waybred/and ſeth all this in a quarte of fayre water/ſtrayne it than through a cloth/and let him drinke of it. It is good alſo to waſh his head in lye/where in floures of Camomille are ſodden & Veruine/of eche a hand full in a quarte of water/ theſame comforteth the head.

A drinke agaynſte raginge.

If the madneſſe were of Flegma or of ſuperfluous colde/ whereby the braynes were cooled/then let him eat meates that maye warme him / & let him kepe hym ſelfe warme: but firſt ought he be purged of thys wyſe: Take the leaues of Sena/made to pouder a quarte of an vnce/ fyne ſucker halfe an vnce/and an egges ſhale full of aqua vite, as muche of Bugloſſe water/ as muche of good whyte wyne/and ſo muche broth of Peaſen/as alltogether: lette the ſame be warme/and put all theſe thinges together/and beate them well: of this geue him to drinke in the dawninge/or when the daye breaketh. If he will not take it by him ſelfe/then open his mouth by force/ and poure it into theſame. The thyrde daye after geue hym to bedward iij. pilles of cochia/and let no ayer come to him.

Cure of raginge cauſed by flegma or colde.

If it is in winter/then kepe him warme in a cloſe chamber both night & daye. But if it is in ſummer/then laye him in a chamber that is ſomwhat high/and make him a fyre of Juniper wood/whereon the berries are/ for yͭ is very good for him. It were good alſo to put ſaffron into his drincke and meates/his beſt meates were old hennes or cockes well ſodden/for they do both warme and comforte him.

And if he hath greate heate in his head/then make him thys collyrium: Take Houſleke and leaues of Roſes of like quantitie/well beaten and mixt wyth womens milke/ſtrake the ſame aboute his temples/ theſame couleth

Heate.

the blood/and alayeth the raginge:let him beware of ſtronge drinkes.

Ragyng vnknovven.

If a man is madde/and it is not knowen wherof it commeth / take the lounge or lightes of a Goate buck / and binde the ſame warme aboute hys heade/theſame alayeth the rage. Or els take a blacke henne/and open her quicke vpon the backe/and laye the ſame ſo warme to the head. But if it is a woman or mayden/then take the lounge or lightes of a Goate.

Ragyng of colde.

If a man becommeth madde of colde/then were it good furth wyth to take a black henne quicke/and rippe the ſame vp vpon the backe / and laye her wyth blood and all vpon the head:for the ſame doth warme his heade and braynes very well.

## ¶ A good drinke for one that rageth/and ſpecially if it is come of colde.

A drinke for ragīg of colde.

Take a quarter of an vnce of beaten ſaffron/half an vnce of Cinamon/half an vnce of aqua vite/and put this into a pint of wyne. The ſpeces ought to be knitt in a linnen cloth. And let him drinke a good draught therof in the morning and eueninge.

Speces.

It is good alſo if he vſe ſpeces in his drinke prepared of thys wyſe: Take a quarter of an vnce of Saffron / Cynamon a quarter of an vnce/Clowes a quarter of an vnce/Sugar an vnce/make thereof a confection: theſame doth comforte the head and braynes very well. Or els geue hym the ſedes of Peony beaten ſmall/temper the ſame wyth wine/ and geue it hym to drinke/that getteth hym hys wittes.

A fumigation.

It is good alſo to take the harte and liuer of a fyſhe called a Pyck / and put theſame into a pott wyth glowyng hote cooles / and holde the ſame to the patient/ſo that the ſmoke maye entre into hym. If he is poſſeſſed/he can not abyde that ſmoke/but rageth and is angry.

Fuga dæmonū, or Hypericon.

It is good alſo to make a fyre in hys chamber of Juniper wood that is grene / and caſte into the fyre Franckincenſe and S. Jhons graſſe or S. Jhons worte : for the euill ſpretes can not abyde thys ſent/ & waxe angrye/ wherby may be perceiued whether a mā be poſſeſſed of an euel ſpret or not.

A cure generall.

The cure of all theſe euils is (without God will puniſhe them of a ſeuerall wyſe.) They ſhall take and vſe two egges ſhels ful of Aqua vite / & thre tymes as muche of other wine/mixte among it/a quarter of an vnce of pouder of Sene / theſame let hym vſe thre morninge faſtinge. Or els let hym vſe Aqua vite/where in is ſtyped fumitory/or the mary of Walwurt/or the ſtone Lazulus/or Garmander/or Brake of the wall/ whyche all do purge black colera or Melancoly:For wyth purginge black colera / is the ſplene clenſed/and there wyth auoyd the ſtraunge thoughtes and imaginacions / the penſiffeneſſe and melancoly is dryuen out/and the braynes get agayne theyr force or ſtrength/and are encreaſed. Wherfore if this be done/ then is the euell ſprete or will dryuen out/and all wycked thoughtes are forgetten. If man be thus tended/than commeth he agayne to hys ryght naturall vnderſtandinge. Neuertheleſſe the forſayde medecins muſt be miniſtred to hym ether whan ſoeuer the panges come vpon hym/or whan he ſemeth to be fre of them / that they maye miniſhe by proceſſe of tyme/or els hinder ſo muche the leſſe. If any chylde weare Peony ſede about hys body/no euell ſpꝛete can hinder him.

Item x. oꝛ xij. ſedes of Peony beaten wyth wyne/⁊ then dꝛonke/auoyde the diſeaſe called Incubus/that is the Mare/whych is a ſyckneſſe oꝛ fantaſye oppꝛeſſinge a man in his ſlepe/that him ſemeth a great weyght lye vpon his body/wherfoꝛe he groneth and ſigheth/but can not ſpeake.

Incubus or the Mare.

If a man were deſperate oꝛ frantike by fanteſyes and hys wittes were ſpꝛed abꝛode/if thou wilt gather agayn yͤ ſcattered wittes: thē take a greate baſin/ſet it ſedelinges to a wall/ſo that it do leane holy vpon the wall/ then take a lauer wyth a cock full of water/ſet that hygh vpon a coupboꝛde oꝛ other thyng/open yͤ cock a litle/ſo yͭ the water dꝛop by litle and litle vpon yͤ baſin/and make a ringinge/and runne out of the baſin agayn. Into this chamber oꝛ place lay the patient/ſo that he can not ſe this/noꝛ let not much be ſpoken to him: then doth he muſe and fantaſye ſo much vpon yͤ dꝛopping ⁊ ringing/what it maye be/willing gladly know what it is/yͭ at the laſt he faſteneth his wittes/⁊ gathered them agayne. If the water fayle/thē fill yͤ lauer agayne. Alſo may be geuen to him the ſouerayne water of Bugloſſe.

To gather wittes ſtrawed.

## ¶ Of diſeaſe in the eyen.

If one haue diſeaſe in yͤ eyen/the ſame cōmeth of yͤ foure cōplexiōs: as namely/if they be moyſt/yͭ cōmeth of yͤ blood/ theſame his eyē are heuy/⁊ the filthineſſe yͭ cometh out of thē/is very vnclene/ yͤ veynes of yͤ tēples greue him. If it be of read colera/then do his eyes ſmart him ſo ſoꝛe/as though one dyd pꝛicke hym into theſame wyth nedles/⁊ they are very rede and hote. Fyꝛſt loke the patient haue good ſieges/and let him beware of thinges that are hote/and be quiet. Purge him his head with pilles de hiera picra: the firſt night let him take v. pilles/the ſecond night vij. yͤ thyꝛd night ix. theſame do purge his head. Pilles cochie do lykewyſe/but of them muſt he take nomoꝛe/ſaue iij. at ones. Lette him eſchue fleſhe/but eate fiſhes without ſkales.

Diſeaſe of the eyen.

The cure

Thys collyꝛium folowynge is a medicine foꝛ the eyen: Take the whyte of egges/and beat them ſo long tyll they waxe ſo thyck/that if ye put a litle ſtrawe there in/it ſtandeth vpryght: than holde the diſhe wherein thou doeſt beat it vpon the one ſyde/and lett the thynne runne out into ſome other veſſell: to the ſame put as muche woman milke that ſucketh a boye/and as muche water of roſes/beate all theſe together/and wet a fyne linnen cloth therein/pꝛeſſe it oute a litle/and laye it vpon the eyes/til it waxeth dꝛye the/ſame ſlaketh the euell heate / and dꝛaweth it oute / and alayeth ſtraygthwaye the payne and ſmarte of the eyen. Do this euerye houre ones/ and whan he will go to bed / then laye them cloth vpon hys eyen/and ſtrake of thys confection wyth a fedder into hys eyen / theſame taketh awaye the ſmarte alſo. But it were verye good to laye firſte the whyte of an egge and roſe water to his nape of the necke.

Collyrium that is a medicin for ſore eyes.

Alſo if the head and eyes do ake/then make a foote bath / and lette hym ſitte there in vntill aboue the calfe of the legge/couer hym well/that the vapoꝛ maye ſtryke vp to hys body/and chafe him/alſo rubbe him his legges

A bath for ſore eyes.

whyle he ſitteth in the bath. After that take the whyte of egges / water of Roſes and vinegre / of eche a lyke / and beat them together / then take a fyne linnen cloth / a ſpan long / and a hand brode / dippe the ſame into it / and laye that vpon his necke: when the ſame wareth drye / then lette him waſhe his fete in cold water / ſo that they be wet no farther / then the ankles / then lette him drawe them out agayne ſtrayght waye / and let him lye doune vpon a bedde / and let the fete be vncouered / and then lay the collyrium vpon yͤ eye / and this muſt he do in the morning / at none and at euen: theſame draweth out the euill heate / and alayeth te payne / and is oft tymes proued.

Experience. The rote of Pilletory taken in the mouth in the morninge and at euen knawed / but not eaten / and then the mouth waſhed wyth halfe vinegre & halfe water: theſame draweth doune the heate through the mouth / and miniſheth the heat in the head and eyes.

Reed eyes. But if the eyes remayne read / then take of that water that ſtandeth in the leaues of wilde Taſill / and put that into the eyes: or els the water that droppeth out of the veynes in marche / when they be moſt communlye cutte and bound vp / put thereto the thyrde parte as muche whyte of an egge beaten. Alſo if a read ſpott or a bloody marke dyd remayne in the eyes / thē take the whyte bladder / hauing at the yolke of an egge / called the chycken / put that in the eye in the morning and euen.

VVeke eyen or ſyght. If a pore body hath weake eyen or ſight / wilt thou kepe them that they ware no worſe / take the tounge of a foxe / & hange the ſame about his neck / and ſo longe it hangeth there / ſhall not the ſight waxe feable nor weake / as ſayth Pliny. Lykewyſe doth it alſo to him / that eateth or knaweth euerye morninge faſtinge fyue or ſixe ſedes of Juniper / and holdeth the nethermoſt lippe aboue the vpper / and holdinge his hande before his mouth / bloweth / and receyueth the breth into his eyen.

Spottes ī the eyē. For ſpottes in the eyen / take the herbe Veruayne wyth his rote & hole the ſubſtance / tye the ſame about thy throte / and weare it / vntill the ſpottes periſhe and fayde: the herbe maye be ſowed with a linnen cloth aboute the necke.

Spurre blinde. If one were ſpurre blinde / which alſo is cauſed by ſuperfluous humiditye of the head / when the veynes of the ſyght are ſtopped wyth payne / & yet are the eyes fayre and clere / ſo that a mā can not perceyue he is ſpurr blind / wythout one do take good hede. At the laſt getteth he many ſyckely & weke veynes or ſpottes about the forhead. The appel or ball of the eye of ſome men doth breake / ſo that the innermoſt of them doth rotte / and the ſighte of the eye periſheth: the ſame alſo haue oft payne in the heade. But this diſeaſe do lightely gret women whoſe floures fayle before it be tyme / and ſpecially women that haue colde heades. If thys were loked to otherwhyles / a man might well be holpen / wyth geuing a quarter of an vnce of Jera pitra that he were purged: he muſte beware alſo of thynges that cauſe euell humores and of inordinate meatinge or drinkinge.

Runnīge eyen. If a mans eyen do runne of ſuperfluous humiditye / then laye walnut leaues in colde water / and to bedwarde ſhake the leaues that the water auoyde from the leaues / and laye one of them vpon the one eye: and when it wareth drye / laye an other vpon it / the ſame draweth the euill moyſture and heate out of it/and clenſeth the eyen.

Dymme ſyghte.

He that hath a dymme ſyght/let hym take the water of Dandelion or of Cicory/and put theſame into his eyen/and they ſhall waxe clere.

Read or running eyen.

He that hath read or running eyen/let him take the water that ſtãdeth in the wilde Taſill leaues/or els water of the vyneſtock/the weyght of half an vnce/& the weight of ten cornes or greynes of whyte Amber: put yͤ ſame into a glaſſe/and let it ſtande viij.dayes before ye occupy it/ſhake or ſtere it euery daye thre or foure tymes in the daye:the elder it is/the better is it.

Spottes or blemiſhes ĩ the eyen.

The rote of Veruin or cut Malow/called in Latin Alcea/ hãged about the neck/driueth awaye ſpottes and blemiſhes of the eyen/whether it be in a man/or horſe/as I Jerome of Brunſweig/autor of this treatiſe/ haue ſen my ſelfe. I haue alſo myſelf done it to a blind horſe/yͭ was firſt bought for x. crounes/& was ſold agayn for xl.crounes/the which was hanged the roote about the neck/& gaue him the herbe chapped wyth his meat or prouander.

Duſte in the eyen

He that hath gotten duſt or ſuch other thynge into hys eyen/let him lye vpon his back/& let him put into his eyẽ iij.or iiij.ſedes of Clary/let him cleſe his eyen/& than do they rolle about into the eyen/ and drawe yͤ duſt with them. This is proued by the wild clary/called communly Oculus Chriſties ſede/that it doth ſo. The ſtones alſo founde in the mawe of ſwalowes/ and ſpecially yonge ones/do lykewyſe.

Stones in Swallows

## ¶ To heale all maner diſeaſe of the eares.

Diſeas of the eares

Somtyme is the hearing loſt clene/ſo that a man heareth nothinge at al/ or a litle. He that is ſo diſeaſed/muſt be layd in the ſunne in ſummer/ and loke into hys eares/whether ought be fallen into them: or els whether an apoſtemacion/or bluſter/or any other thinge be in it/ whereby his hearinge might fayle. But if nothing is found nor ſene in therein/then is it ſure/yͭ the grefe commeth from within yͤ head/ of ſome vapor yͭ is gathered ther/wherby the hearing is ſtopped/or els of ſome apoſtemacion in yͤ head/wher yͤ organes of hearing are. And he yͭ is ſo diſeaſed/ſpeaketh ſo ſoftly/yͭ he can ſcarſely be vnderſtand/& is troubled with ſlepe. To theſame ought be geuen iij. pilles de iera picra Galeni/the ſame draw the humors from yͤ eare & head/& cauſe him to nyſe. After yͭ ſet boxes vpon the one eare/to draw the fylt out of yͤ head. But if a man is lettẽ blood in the head out of ſeaſon/ theſame hurteth him ſore/and cauſeth hym to become deafe.

Cure.

Soũding in the eares.

If a man haue a ſounding or piping in his eares/the ſame cometh ſomtyme of a hote ſlymy fylthyneſſe/or of a hote ſlymy moyſtneſſe. He that is ſo diſeaſed/ought to take pilles de iera picra/& then put oyle of Hempſede warme into his eares/mixt wͭ a litle vinegre/after yͭ let him leape vpon hys one legge/vpon that ſyde/where the diſeaſe is/than let hym bowe doune yͤ eare of that ſyde/if happely any moyſture or fylth would iſſue out.

This diſeaſe commeth ſomtyme of the Summer heate: he that is diſeaſed therof/hath great heat in hys heade. Put woman milke and Hemſede oyle mixte together into his eare/on that ſyde where he is diſeaſed/ that alayeth the heat.

Cure of deafe.

Let him that is deafe take a handful of Rue or Herbe grace/& chappe or cut the ſame ſmall/and put it into a new pot wyth a pounde of good vinegre/couer it cloſe/and put it to the fyre/ and let it ſeth / that it runne ouer. Then let him go into the hote houſe/and when he doth ſweat well / take a thonnel wyth a longe pype/ẏ he maye couer the pot holy therewyth / make hote the pot/and let the vapor go thorow the thonnel into the eare. If it be in winter/and canſt haue no Rue/then ſeth beanes of one yeare in water/ and do lykewyſe. If ye haue no beanes nother / than take Heyſede vpon a heyelift ſotten in water/and vſe theſame as is ſayd of the Rue/ſo hote as ye can ſuffer it.

Soũding ĩ the heade.

Agaynſt the ſoundynge and whyſperinge in the head/put warme water into a lauer/and let it droppe ſoftely vpon the hindermoſt of the patientes heade/by thys droppinge is the ſoundynge and noyſe in the head taken awaye. And when the lauer is emptye/then fyll it agayne/ vntill the payne is awaye.

Hearing euill.

He that heareth euell / let him ſeth Juniper berryes and Sauin of lyke quantitie in good wyne/put into a new pot/well dreſſed and ſtopped: then let him bore a hole thorough the lidde of it/and laye his eares vpõ the hole/ to receyue theſame vapor.

## ¶ Agaynſt ſoundyng and ringinge in the eares.

Soũding in the eares.

IN Maye bore a hole in an Aſhe tre about the middes/put a rede or ſuche lyke thinge into the ſame hole/and ſet a veſſel or pot by the tre/ vnder the rede / let it ſo ſtande fyue or ſixe dayes/then ſhall runne clere water oute of the tre. This water put into ſome veſſell and make it warme/holde the ear ouer the vapor of it/and make as it were a tente of a ſponge/ wett theſame in the water/and clenſe the eare therewyth in the morninge and euen / and the ſoundinge or whyſpering in the eare ſhall go awaye.

## ¶ Of blethynge at the noſe/ and ſtaunchynge of the ſame.

Blething at the noſe.

BLething at the noſe is ſomtime good/ſomtyme euill. He that hath a Catharre/that is a rewme or ſtillinge doune of humores in the head/or an apoſtemacion / blethinge at the noſe/ is good for him. It is alſo a good token/if the blood wareth to hote in the bodye/ and runneth vp into the head/and fylleth the veynes ſo ſore / that they do breſte. If the blood then come furth at the ryght noſe trill/thẽ let him blood at the Cephalica vpon the ſame ſyde vpon the hande/by the thombe. But if the blood commeth furth at the left noſetrill/then tye his legge aboue ẏ kne wyth a ſtrong liſt or ſwadeling band/then remayneth the blood in ẏ legge: after that beat egges ſhales to pouder/and ſyft then through a linnen cloth/ and blewe them into his noſe:if the ſhales were of egges / whereout yonge chickens are hatched/it were ſo much the better. Or els take the dounge of an aſſe/mixe the ſame wyth vinegre/and holde the ſame at his noſe. Lykewyſe doth the dounge of a Sowe or Swyne that hath eaten graſſe.

Staũchĩg of blood

He that bletheth ſo ſore/ that nothynge can ſtaunche hym/it is good to tye his fourth finger/or finger nexte the litle finger of the ſame ſyde ſo faſt/ do he do ſo euen ſwell:for that ſtauncheth the bloode/ and ſpeciallye on the left hande.

It is good alſo to tye yͤ herbe called Shepherdes burſe about his neck/ or els geue it hym to holde in his hande/vntill it wareth warme/and dight it in hys meate. Or els take a ſoft linnen cloth/the length ⁊ bredth about of half a yarde/wett the ſame in cold water:but if ye haue vinegre/take of lyke quantitie/and tye it about hys preuy membre. If it is a woman/ then let her holde it to her priuities. And if ye haue no vinegre/ then binde hym the cloth about hys necke/dipped in water only/and when it wareth warme/ than wett it agayne. It is to be conſydered/that thou do loſe hys gyrdel/ ⁊ ſet him vpryght/leſt he do hange forward.

The profyte of blething

Tokens of blethyng.

It is to be noted/that blethyng is cauſed ſomtime in yͤ time of a diſeaſe/ or in the amendinge/⁊ this laſt is good/wherfore it oughte not to be ſtaunched: without he dyd bleth to ſore/wherof the patient might be the more feble/and therfore ought he to be holpen/leſt he ware to weake. If the blood come out from the head/ſo that a man hath gotten a riſinge of the blood into the head/that ſhalt thou know thereby:he hath payne in the forhead: the ſame muſt be letten blood in the Cephalica/that is yͤ vaine of the head. But if the ſuperfluity of blood or blething cõmeth of yͤ liuer/then hath he payn in yͤ right ſyde wyth a ſtiche:theſame ought to be lettẽ blood on the right hãd/ by yͤ litle finger/in yͤ veine of yͤ liuer. But if the blood cõmeth of yͤ ſplene/ thã hath he payne in yͤ left ſyde wyth a ſtich:theſame ought to be lettẽ blood on the left hand/by the litle finger in yͤ veyne of the ſplene:the ſame alſo oughte not be gyrded/nor yet weare any weyght about hys body/nether deck him warme:he muſt beware alſo of all that might warme him/and be quiet. It is to be marked/that when he that hath the peſtilence bledeth/and can not be ſtaunched/nor ceaſe/it is an euident and ſure token of death.

Nota.

## Of ſpottes and blemiſhes of the face.

Spottes in the face.

If a man hath ſpottes or blemiſhes in the face or vnder the eyes/ or wher they be/take the rote of Couckoupintel or Wake robin/ſtampe theſame/ and ſtrake the iuyce there of in the morninge and euening vpon them /and they go awaye. Or els take the ſtone growynge of wyne liſe/beat the ſame very ſmal/⁊ hang it wyth a cloth in a moyſt ſellar/ſet ſomthing vnder it/for out of it ſhall drop water: wyth the ſame anoynt the ſpottes vnder the eyes oft tymes/but beware it come not into the eyes. Or els anoynt thy ſelfes wͭ the water yͭ ſtandeth in the wild Taſill leaues/or els with the water yͭ droppeth out of the Vine/when he is cutte and bounde vp in Marche/ theſame do oft. Or els anoynt the ſpottes oft wyth the iuyce of the rote of Briony or wilde neppe/beaten and ſtrayned.

A fiſtula by the noſe.

Agaynſt a fiſtula by the noſe/take the ſlyme of a ſowes guttes/ and burne that to pouder / put theſame pouder into the diſeaſe/it healeth theſame/ for it hath ben experimented.

## Agaynſt euill ſcabbineſſe or ſchilfering chekes/that will not heale nor fall doune.

Scabbye chekes. Take onyons and whyte Lily rootes of like quantitie/roſte them in aſhes/ſhell them and make them clene / then ſtrayne them through a cloth/ put thereto oyle of Roſes/and ſtrake this vpon the ſore.

## ¶ Agaynſt the fiſtula in the cheke.

A fiſtula in the cheke. Marke whych touth ſtandeth next to the ſore/theſame drawe out/ and clenſe the hole:take the rote of that drawen touth/ and put it into the ſore/ hereof is the ſore healed.

## ¶ Of all diſeaſes of the mouth and hys appertenances.

Diſeaſes of the mouth. AGaynſt the ſtinking of the mouth/chawe oft in the daye herbe called Cinkfoly or fyuefyngered graſſe/and it ſhall go awaye in four dayes.

If ye haue eaten garleke/and your breth ſauoureth ſtrong after thẽ/eat the leaues of Rue or herbe grace/and it ſhall not be perceyued with you.

If a man haue great heat and drought in his mouth/ſo that he thinketh hys mouth will burne / then take the water of Marche yſe in thy mouth/ that ſlaketh it. But if thou haſte not that/laye foure or ſixe flinte ſtones/ſo bigge as a Walnut in colde water / and take alwaye one of them into thy mouth/and holde it therein:and when it wareth warme/ take it oute/ and laye it in colde water agayne/and take another into thy mouth. This doth much good/and ſlaketh alſo the thyrſt.

## ¶ Of all diſeaſes of the teth.

The vſe and diſeaſes of the teth. THe teth are created to chawe the meat therewith/ that it maye be the more apte to digeſtion/they ayde alſo to the ſpeche/to retayn the breth/ and to mans adorning or contineſſe. They haue alſo payne and ſmerte / as other members or lymmes/namely knawynge/holes/ wormes/ wagging/ apoſtemation in the gummes/corrupt humors and blood of the gummes.

## ¶ A ſure medicine for toothake.

A ſure medicin for toth ake. TAke a garlyke head/pil it/beat it in a morter/that it waxe ſoft/ moiſty/ and that it be not hole:and loke on what cheke or ſyde the toth ake is/ on that arme binde the garlike/vpon the wreſt of the arme/wher boxes are ſet moſt communly/ſo that it do not touche the mouſſe of the hande/and lay it as nere together as ye can:couer it wyth a ſpoune or brode Walnutſhell a hole nyghte/and then will it caſte a bluſter : pearſe theſame through/or els will it burſt by it ſelfe. But if ye will haue it runne ſore/take a leafe of Danwurt or Walwurt/and turne the rough ſyde inwardely. And if thou wilt haue it to heale/then take the Walwurt leafe/and turne the ſmoth ſyde inwardely/and it healeth.

## ¶ To make a tooth ſo fall wythout ſmarte.

SEth as many litle grene frogges/brething or ſitting vpon trees/as thou canſt get in water/vntill the fleſhe do conſume: take the fatt ſwymyng vpon them/and kepe it in a clene thyng/and when nede is/anoynte the teth therwyth. But take hede/that thou do not touche the other lykewyſe/or els conſumeth it the other alſo. Lykewyſe doth the touth of a dead man/if one touche thee wyth the ſore touth: but let him that doth it beware/leſt he touche any more/for they fall out alſo/wythout any ſmarte.

To make teth fall outvvith outſmart

The graye wormes brething vnder wood or ſtones/hauing many fete/and when they be touched/do they cluſter together lyke porkenytches: theſe perſed through wyth a bodken or lyke thynge/and then put into the touth yͭ acheth/alayeth the payne. Lykewyſe doth alſo a litle ſlyce of the rote of Acorus/of ſome called in Engliſh Gladen/of other Galanga/whiche groweth in waters and maraſſes/this muſt be layd grene vpon the touth. A pece of the grene rote of Termentil doth lykewyſe.

## ¶ Of the ſwellinge in the rote of the mouth/called in Latin Uua or Uuula.

THe ſwelling that is cauſed of a cold ſlimy humor/falling out of yͤ head/and hanginge in the rofe of a mans mouth/is called in Latine Uuula/whyche hindreth a man of his ſpeche: thys ſhal be cured of this wyſe: If it is of ſuperfluous blood/then is the diſeaſe read/long and greate/⁊ the veynes of the forheade are groſſe and ſwollen/then let him blood in the Cephalica vpon the hande. But if it commeth of other accidentes/as of ſuperfluous moyſture and colde/then take whyte dogges torde that is dry/and make it to pouder/and take commune ſalt/and drye it in a panne vpon the fyre/ſo yͭ it ware euẽ broune: braye the ſame of like quantitye together to pouder/put that to the ſwellinge or diſeaſe: for it is good and vpright.

Svvellĩg in the throte.

Or els bye whyte Frankincenſe/caſt a pece of it vpon hote coles: put a thunnel ouer it/and let the ſmoke therof go into thy throt/that helpeth/and is oft tymes experimented or proued.

Or els take Sal armoniacum/and make a pouder therof/⁊ heaue the ſwelling vp therewyth.

It is very good to let him blood vnder the tounge/or els vpon both the thumbes/when the diſeaſe beginneth: for it helpeth him. Some do cut it of: but that is dangerous. They that be ſo diſeaſed/muſt beware for cold drinkes/and ſpecially of milke and cheſe.

An other experience for the ſwelling in the rofe of the mouth/or els him yͭ can not wel take breth/whiche I haue oft ſhewed poore people/namely/to pull yͤ patient ſore by yͤ earlap vpwardly/⁊ incontinently ſhall he be healed.

## ¶ How to helpe one that hath the Squince in the throate/ called the Squinancia.

THe Squince or Squinancy is an apoſtem in yͤ throte/⁊ is very dangerous. If it cometh in a ſikneſſe/then is it dãgerous/⁊ if it cometh in an ague/thẽ is it not ſo dangerous. To ſuch a patiẽt ought to be geuẽ gruell of otmeel/well ſifted through a cloth/and put ther to ten or twelue almondes well beaten:and when it is dreſſed in a veſſel/put a litle ſuker to it/and eate ſo wyth breade. But if he hath an ague wyth it/geue him of a quillis of a cocke without breade/and make him a drinke of thys wyſe:Take of Lycoris/cut ſmall ij.vnces/of ſuker half an vnce/ſeth thē in water/ſcumme it wel/and let him hold it awaye a litle in the mouth/and wambel it round about in the mouth.Make him alſo this playſter to laye outwardely.

Cure of ſquinacy

Take whyte dogges dyrte thre vnces/Dittanye beaten ponder an vnce/grene Wormwood brayed ſmal an vnce/halfe an vnce of barly floure:mixe theſe al together with hony/ſtrake it vpon a cloth/⁊ lay it warme about hys necke. Thys playſter hath healed many/it healeth a man/or els dyeth he ỹ fyft daye. Somtyme breaketh ỹ ſwellynge out outwardely/but ỹ inward is deadly/for it doth lyghtely choke a man. It is therefore diligently to be marked what occaſion of ỹ diſeaſe hath. If it cōmeth of reed Colera/whiche is hote ⁊ drye/than hath ỹ pacient greate payn ⁊ anguyſhe/⁊ wyth ỹ greate heate ⁊ thyrſte. Make hym a playſter outwardely about hys necke of Popular leaues ⁊ ſeue/ſeeth it well/⁊ temper it wyth oyle of violets ⁊ Camomille/and ſtrake ỹ vpon a clothe/and laye it warme aboute the necke.

But yf ye can not haue ỹ oyle/take the leaues of Elder/leaues of reed kole/of eche a handefull/chapped ſmal ⁊ brayed/ſeeth them wyth hony and butter/of eche a ſpounfull. Laye thys warme about hys necke.

Thyſſame hath holpen and healed many: or els make hym any of the playſters of the ſwalowes neſt folowynge.

But yf the Squynce is of ſuperfluous bloude and heate/than muſt he be lett bloude incontinent in the ryght hande vpon ỹ thombe in ỹ Cephalica/⁊ vnder ỹ tunge: In ỹ hand vpon foure vnces/⁊ vnder ỹ tunge vpon two vnces. And as ſoone he is letten bloude/muſt be made thys drynke for hym to gargelle: take about fyue vnces of Diamoron/take one vnce thereof mixte wyth warme water/holde ỹ in the mouth/gargell therewyth ⁊ ſpytt it out/cauſe hym to do thys fyue tymes. The next daye let boxes be ſet vpon hys necke/wythout ſcrappynge/theſe ſhulde drawe ỹ bloude from thence. Or els bynde about hys necke/as I haue taught before/and let thys byndynge be thre tymes wythin daye ⁊ nyght/at euery tyme a quarter of an houre.

Make hym thys plaſter: Take the neſt of a ſwalowe or pye/but ỹ ſwalowes neſt is the beſte wyth all the ſubſtaunce/as claye/grauell/ſtyckes or fethers/nothynge excepte/beate it/and ſyft it through a courſe ſyffe/ſo that it maye be fined/put thereto hony ⁊ greace/and make a playſter there of/ſtrake it vpon a cloth/and laye it about hys necke. Of thys wyſe haue I holpen one in iij. houres ſpace. Item make hym thys drynke: Take Licorys/Anis/Fygges and greate Rayſons/of eche an vnce/ſeeth them in a pottel of water/and geue hym euery tyme thereof to drynke.

But yf thou canſt not haue theſe thynges ⁊ arte farre from ỹ Phiſicion/⁊ haſt a ſwellinge in thy throte/than is nothynge better than to take warme Mylke ⁊ gargel the ſame as hote as thou canſt ſuffre it:thys done ofte/taketh awaye ỹ ſyckneſſe/and mollifyeth ỹ apoſtemacion. Lykewyſe maye be done wyth mylcke or water/wherein is ſodden knapwede/otherwyſe called Deuels bit. And whē ỹ apoſtemacion is broke/geue him warme yolkes of egges that be ſoft/and barly gruel/and geue hym to drinke water/wherein Barly is ſodden/that purgeth and healeth hym.

## ¶ For the hoorſneſſe.

HE yͭ is waxen hoorſe by reaſon of an humor deſcending/or coughinge/ of a cold ayer or drinke/of creyng or weping:let the ſame drinke in the morninge warme water/as hote he can ſuffer it/and wet a linnen cloth in half water and half vinegre/ wringe it well oute/and winde it aboute the necke/and another that is warmed vpon the ſame:do thys in the morning/ at middaye and to bedwarde/lette hym kepe hym warme and beware of colde ayer. If he coulde ſweate in the bedde/that were very good. Let him alſo beware of cold drinkes/fruytes/grapes/and ſuch lyke.

Horſnes and the cauſes thereof.

He maye alſo drinke warme milke/in the morning and euening/ the ſame doth auoyde horſeneſſe alſo. Or els take Aqua vite when thou wilt go to bed/ſtipe a pece of bread therin/and eate the ſame at euen and morning: but if he is of hote complexion/then is Aqua vite not good for him.

He that is ſo hoorſe/that the lightes ſeme to aſcende into his throte/ and he is of cold and moyſt complexion/theſame ſhould drinke faſting a quarter of an vnce of oyle Benedicti/mixt wyth a litle water/ though it be vnpleaſant to drinke/yet is it good and without daunger. But if ye can not haue the oyle/then eat Anis ſede:theſame is holeſome and good for the horſenes. Or els ſede the karnels of Quinches/and drinke that water warme to bedwarde. Or els take thre vnces ⁊ an halfe of flint ſtones/put to them a quart of ſpringing water/and ſeth it to the halfe/drinke thereof blood warme in yͤ morning ⁊ at euen/and it ſhall go awaye. Or els geue hym this drinke folowyng: Take wyne ⁊ oyle of oliue of lyke quantitie/ſeth them in ſome thing ⁊ drinke therof ſo hote thou canſt at night/and in the morning a good draught:theſame taketh the horſeneſſe away without danger. But if thou canſt not haue oyle of olyue/then take halfe ſo much butter as the wyne is/ and do as is ſayd before.

## ¶ A confection to holde in the mouth agaynſte hoorſeneſſe.

TAke fyne muſtard ſede mele/put thereto foure tymes the weight of hony/make therof a confection/put it vpon a trenſcher/ and cut in peces: but ſet in a coole place for meltinge/⁊ holde one of theſe ſlyces in thy mouth in the morning and eueninge/and let them melte by them ſelues.

Or els geue him this drinke: Take Penyreal a hand ful/cut it ſmal/and ſeth it with a pint of vinegre/tyll the thyrde parte is ſodden in/then ſtrayne it through a cloth/and geue the patient to drinke therof in the morning and euening alwaye a ſpounfull. Or els take a great appel/roſte the ſame well/ ſlice it/and laye it hote in a diſhe wyth water/and eat it. This oughte to be done to bedwarde/and couer thy ſelfe wel and warme/put thy head vnder the couering as far thou canſt/or els couer thy head and face that no ayer come into thy mouth:theſame is good/and driueth awaye horſeneſſe.

A drinke for horſeneſſe.

He that is become hoorſe lately/let him roſte a rape in aſhes or vpon the fyre/yͤ ſhe be all black/then pare her clene/ & eate her as warm thou canſt:& drinke a draught of water as warm thou canſt ſuffer it. Then wett a cloth in colde water/ſtrayne it well out/and winde it ſo about thy neck: vpō the ſame binde another cloth well warmed/ and do thys when thou goeſt to bedde/& in the morninge/for it driueth hoorſeneſſe awaye without danger.

## ¶ An experimented ſcience for horſeneſſe though it hath longe laſted.

Agaynſt an olde horſenes

TAke a ſoft night kerchyf and warme it/ take alſo a heade pelow/warme theſame alſo/ and bind it wyth the kerchyf about the head & neck/ when thou wilt go to bed/and let it be ſo about thy head all night. Do this thre nightes one after the other/and kepe thy ſelfe warme/ and beware of colde drinkes and ayer/and it ſhall ſurely go from thy wythout hurte. This ſame is good alſo for the flixe and cough. Geue the patient alſo Lycoris in hys mouth.

Agaynſt horſeneſſe go into the hote houſe/and when thou haſt half bathed/drinke a good draught of warme water. This is oft proued.

Garlck ſodden and eaten maketh a cleare voyce/and driueth away horſeneſſe and the olde cough.

## ¶ Of the yexe or yexinge.

The yex and hys cauſes.

THe yexe commeth ſomtyme by reaſon of the ſuperfluous emptyneſſe of the body: ſomtyme of ſuperfluous fyll of the ſtomak. If it commeth by reaſon of the emptineſſe/that ſignifyeth the ſick or patient ſufficiently/whether he hath a long ſeaſon not eaten or dronken/or els whether he hath had outragious ſieges. Him ſhalt thou helpe of this wiſe: Seth an old hen with a quarter of an vnce of Cinamome/& a quarter of an vnce of Maſtix/ & geue hym that broth to drinke/and the hen to eat. Geue him alſo Hogges fete and whyte wyne. If he be not hote/geue hym confect of Quinches: but if he hath great heat/then geue hym ſukar of Roſes.

Fil of the ſtomake.

But if it is of ſuperfluous eatinge and drinkinge/then make him to perbreake wyth Oxen leaues/or els as I ſhall teach you hereafter in the chapter of vomiting. Or els take a cake of roſes and Wormwood/of lyke quantitie/of eche a handfull/and ſeth that in read wyne/and laye it warme vpon the ſtomack. Or els let him ſaye ought wherewyth he may be ſore aſtonied/ and he ſhalbe ridde of the yexinge. But if a man doth yexe ſore in a ſycknes/ it ſignifyeth moſt communely death.

## ¶ Of ſuppuration or matteringe in the breſte.

Soppuratiō in the breſt.

HE that hath a mattering in yͤ breſt cauſed of cold/ought to beware for colde/and eſchue the ayer/let him lye hygh or ſitt vpright / let him not ſlepe much/& in his ſlepe ought he be waked other whiles/yͤ he may himme. Make hym a butter ſuppe of halfe water and halfe butter/let that be well ſodden/ and putte not muche breade therein/and eate that broth as hote as he can. Theſame broth let hym drinke to bedwarde/that weakeneth the corrupcion very well/and maketh it apt to be caſt out. Alſo ought litle meat be geuen hym at ones/and lytle drinke: for the corruption groweth yͤ more of muche eatinge and drinkinge. Let him alwaye be hungery and thyrſtye/ nether eat any fiſhes nor ſpeces/nether drinke any ſoure drinke. A ſyrop of Violettes were good for him: but if ye haue not that ſyrop/thā make a milk of Hempſede/of water and hempſede/or els in ſtede therof take creme/ and eat that/theſame cooleth and ſofteneth the harte wythoute hurte or daunger. After meate ought he to walke a litle/hauinge alwaye a warme cloth before hys mouth/that the ayer do not hurte him: for of the walkinge doth the corruption louſe.

He muſt alſo take diligent hede that he haue good ſieges. Alſo were it good he dyd ſweate in the bedde if he be ſo ſtronge/or els to cauſe him to ſweat wyth a bath made in a kettel/and ſo to lay him to bed to ſweat. This bath ought to be made wyth Valerian and Ootſtrawe/and couered wyth warme ſhetes/for theſe thynges weaken the corruption.

Item/roſt onyons/and eate them/a litle butter therin/were very good.

A drye cough.

He that hath a drye cough/and doth not caſte out/it is an euident tokē/ that theſame hath an euell ſtomack/that doth not well digeſt/whereby are cauſed many greueous diſeaſes. But if he voideth ſpatle that is whyt/ mixt wyth bloode/and that wyth payne/theſame is a ſigne of a priuy digeſtion/ and of a diſeaſe of the pulmo or lightes/and that is deadly.

But if he caſteth out afterward wythout ſmarte/whyche neuertheleſſe is a litle rediſh/theſame is a ſigne of apparance of digeſtion/and nature beginneth to clenſe/and is perfecte.

Cough vvyth payne in the breſt

He that hath a cough wyth payne in yͤ breſt/the ſame ought not to bath in water/nother eate nuttes/nor oyle of nuttes/ nor poppye ſede oyle: but lette hym drinke water ſodden. If hys cough commeth by colde / then lette hym drinke good wyne.

Payne in the breſt and head

A man that hath great diſeaſe in the breſt/and alſo in the heade / if thou wilt helpe hym/and purge the head and breſte wounderfullye of all ſlympe fleumes and fylth/without any coſt: Take two or thre rotes of Betc/ waſh them clene/and drye them well/then braye them ſmall/ſtrayne thē through a cloth/and a very blewe iuyce ſhall come out of them: vpon that ſhall ye ſe a whyte fome/blowe the ſame awaye/and take of that iuyce thre or foure droppes in a quill/and drawe it into thy head through the noſes: or els fyll a fylberts ſhell full of it/and draw it ſo in through the noſe. Then cliſe thyne eyen and noſe wyth both thy handes/and wythin a quarter of an houre iſſueth a great deale of ſlympe moyſtneſſe oute of thy mouth/whereof a man maye maruayle. I haue ones ſene ſixe vnces runne out of a mans mouth at one tyme. And out of myne oune mouth is of this wyſe four vnces run out/ where I thought I ſhoulde haue had none at all.

Experience.

## ¶ Of an impoſteme in the breſte.

The cauſe of apoſtemes,

The cauſe of an impoſteme is of ſuperfluous euill flegma in the head or ſtomake: wherefore when the head and ſtomake are purged of the flegma/

then go the apoſtemes awaye alſo by themſelues. Let the patient eate litle or nothinge, and that meates of good digeſtion.

A drinke for apoſtemes. Make him this drinke: Take Mayden heyre/called alſo Colāder/ whyt Endiue/Scabioſe/Morſus diaboli/ẏ is/Deuels bit/of ech a handfull: Barly pilled or puched/an egges ſhel ful/waters ſo much as is cōuenient/ or els ij. quartes: ſeth theſe ij. fynger bredth awaye. After that ſtreyne thē through a cloth: ⁊ of ẏ make a hēpſede milke/ with a good porenger ful of waſhē hēpſede: of ẏ ſame geue him half a good cruys ful to drinke blood warme in the morning ⁊ at night. But if ye haue not ẏ herbes/then make a hēpſede milke wyth barly only/and drinke that half a cruys of goblet full.

A ſalf for apoſtems After that make him this ſalue/and anoynte him therewyth aboute the breſt. Take freſh butter or creme/or els both in like quantitie/ſeth therin leaues/⁊ the ſede of Malowes/ſtreyne it than through a cloth/and anoint his breſt therwith. If ye put capons grece therto/ẏ were very good. After that were it good to make him a cliſter or a ſuppoſitory as is perteyning hereto. And this oughte euery Phyſicion know ⁊ ſerche of what cōplexion ẏ patiēt is/⁊ whence ẏ diſeaſe commeth/⁊ what medicine is conuenient for it. For if the Phyſicion doth it not/and miniſtreth to him that whych is contrary to hys nature or complexion/than doth he miſorder the patiēt/⁊ is gilty of hys payne or happely death. For this cauſe ought no Phyſicion to truſte to hys ſciēce nor wyſdome only/but aſke ⁊ enquire of ẏ patiēt or other al circūſtances/to what faſhion ẏ diſeaſe doth encline. He ought alſo to ſe ⁊ vewe ẏ vrin fele ẏ pulſe/⁊ to behold the patientes phiſiognomy. Thē may the Phyſicion miniſter to ẏ patiēt ſo much ẏ more boldlier medicins/ according to ẏ ſciēce: ⁊ to ſuch a Phyſicion maye a man truſt ſo much the better: for he may be called a true Phyſicion. For apoſtemes in ẏ breſt are dangerous/ ⁊ therfore is it true ⁊ neceſſary/to know by what complexion or tēperatur ẏ diſeaſes are cauſed.

Apoſtēs of Colera. If ẏ diſeaſe cometh of read Colera/or blood/thē ought ye to miniſter ẏ patiēt al ſuch thinges/as I haue taught in ẏ precedēt chapter. But

Apoſtēs for flegma or colde. if it is cauſed by flegma or cold/then make him thys ſalue/and anoynt hym about the breſt. Take an vnce of butter/capon or hennes grece an vnce/oile of Baye or ſorel half an vnce/and mixe them together/ ⁊ anoynt him about the breſt therwith/and laye vnwaſhen wolle therevpon that is black. But he muſt refrayne from ſalt meates/and of all ſoure meates.

## ¶ Agaynſt breakinge vp and vomiting.

Agaynſt perbreakynge. TAke a pēce of bread ſtiped in ſalt and vinegre/bruſe it/and make it lyke a thicke playſter/⁊ laye it vpon ẏ cheſte or hartes holowneſſe/wher the mouth of the ſtomake is. And if ye ſtrake it about ẏ patientes mouth/ẏ comforteth him/and geueth hym ſtrength.

Item ẏ water wherein karnels of quinches haue lyen or ſtiped/ẏ ſame refrayneth the breaking vp of the ſtomake: for it comforteth ẏ ſtomak/ ⁊ maketh good digeſtion. But whē ẏ tyme of the quinches is/then maye they be ſodden alone/without ſucker ⁊ hony/in ſtede of confect for ẏ hart/⁊ ſo vſed.

## ¶ The ryght makinge of Ptiſana/ that is/ Barly water.

Barly water/communly called Ptiſana/is prayſed and commended of all Phyſicions/and is a soueraygne medicine agaynſt all colerik and ſubtile heate/it openeth the oppilacion or ſtopping/it moueth ſweat & vrine/it mollifyeth yͤ belly boūd with hard ſyith/it cauſeth ſlepe/& alayeth thyrſt/it doth alſo partly noriſh/it is conuenient for al partes of the breſte & the poulmon.

Ptiſana is taken ſomtyme warme/to cauſe ſweat/ſomtime cold to alay thyrſt/ſomtyme wͭ ſuker/ſomtyme without ſuker/ ſomtyme much/ ſomtime litle. The miniſtratiō therof at one time is is a cruys full/ that is iiij. vnces/ howbeit it muſt be miniſtred to an emptye ſtomake/ or at the leſt not ouercharged. It is ſomtyme taken by daye of the thirſty diſeaſed/and is conuenient in feruent agues and many other diſeaſes.

Makinge of Barly vvater.

Take fulgrowen barly that is heuy/& not wythered/take alſo clere running water/yͭ hath his courſe toward the Eaſt/whoſe grounde is ſtony or ſandy. Of this water take x. partes/& of the barly one parte:put them together into a clene pot/make a ſlowe fyre vnder it of wood twelf houres long tyll the water is colored of the barly yalow rede/like to bier:after that take it of and let it coole/and vſe it.

## Howe he maye be holpen that ſpeweth blood.

Spevvīg of blood

Hemoptoica is a diſeaſe/whē a man ſpeweth blood at yͤ mouth/wherof the cauſe is ſuperfluity of blood/& thys ſhall be knowē of this wiſe: he is full of body & rediſh/his veynes are great Somtyme commeth it out of the ſtomake/& then hath the patient payne in yͤ breſt before. But if it commeth of the leuer/then hath he payne in the ryght ſide. And if it commeth of the lunges or lightes/then hath he payne in the left ſyde/& cougheth muche. Somtyme doth it alſo come of falling or ryottinge/and thē muſt he be holpen of thys ſorte:He muſt beware of anger/of long faſting/ of ſour or bitter meates and drinkes/and of ſurfetting. He ought to be let blood on the ſame hande/where the diſeaſe is. If it is of the leuer/then muſt he be let blood in the right hand:but if it is of the lunges/then ought he to be let blood on the left hande/and geue hym thys medicine.

The cure

Take Plantayn & wild Taſil/wyth yͤ water yͭ ſtādeth in the Taſil/ put thereto reyne water/& ſtreyne it through a cloth:of this geue the patient to drinke in the morning faſting and to bedward. But if the wild Taſil haue no iuyce/then ſeth it in reyne water/bray it/& ſtrayn it through a cloth/ caſt the herbe away:then take the broth/put ſuker therto/& geue it the patiēt to drinke. Geue him alſo in the morning and euening to drinke goates milke/ or pouder made of moulberries:or els geue him to drinke reyn water wherin are ſodden ſhepeherdes purſe/knotgraſſe and waybred/ braye them whē they are ſodden/ſtreyne them through a cloth/& geue him to drinke thereof thre tymes in the daye/euery tyme a good draught. Geue him alſo thre dayes one after the other to eate wheat wyth water and butter.

## If one ſpeweth oute mater.

The ſame may be holpē of this wiſe:Geue him Diapenidion or diagagātū:

Ye muſt marke alſo/that if ye laye the matter or corruptiō/that he voydeth vpon hote coles/and it ſtynketh/then ſignifyeth it the rotting of the poulme or lightes/whych is very euill and deadly:to ſuch one ought no man to miniſter medicine/for he is to ſore ſycke.

But if he haue great heat in hys ſyckneſſe/then ſaye al Phyſicions/ that nothynge is better/then to geue him to drinke barly water. Thys heate is knowen by the vrine/whether it be great or not/by the chaunce of the vrin/ and the thycke of it ſynketh to the bottom. But if the diſeaſe will laſt longe/ then geue the pacient what he lyſteth/and if he wareth a litle ſtronger ther of/then geue hym more:if not/geue hym no more. Ye muſt marke alſo/that if he be ſycke of an ague or lyke diſeaſe/then lette hym be geuen what he liſteth/whyle the diſeaſe laſteth.

## ¶ When one woulde gladly perbreake/and can not do it.

Perbreaking of a diſeaſed ſtomake.

The perbreakinge happeneth manye wayes: ſomtyme by the diſeaſe of the ſtomake/as namely/when the ſtomake caſteth from the bottom yͤ meate/and can not kepe it/whyche happeneth that the nethermoſte part of the ſtomake is ſtronger then the vppermoſt. The cauſe of thys muſt be conſydered by theſame that is wyded.

Perbreakinge by grefe of the ſtone

Somtyme commeth it by the grefe of the ſtone/ or els the corruption then will growe to matter/that ther of he doth perbreake. Thiſſame is wel perceyued by the vrine/and alſo whether he hath payne in the loynes/bladder/or back.

Perbreakinge of colde moyſtneſſe.

If the perbreaking commeth of cold moiſtneſſe or humors/then is it yelowe. It is to be knowen/that ye ought not to ſtaunche that perbreakinge vntill the ſtomack be clenſed of the euill humors/ after that oughte it to be prouided.

Perbreaking that is harde.

If the perbreakinge be ſounde and harde/that the patient can haue no ſieges/then geue him Caſsia fiſtula/and clenſe him.

Perbreakinge of read Colera.

But if the perbreakinge is of the reade Colera/by reaſon of a hote ſtomake/then geue hym ſoure bitter Pears to eate/or els geue hym Sorell to drynke/or els geue hym ſyrop of Violettes to drinke with water in the mornynge and euenynge.

Item medlers eaten faſtyng/wythſtande perbreakinge cauſed by heat. Lykewyſe doth Minte eaten faſtinge/and Anis eaten mornynges and eueninges.

Or els take a colde flynt ſtone/and holde it to the necke of the patient/& the perbreakinge ceaſeth. Or els take a hand full of fethers/and put them in to a pot/and put to them glowynge hote coles/and holde thy mouth ouer it wyde open/that the vapor or ſmoke may go into it/and then ſhal the wamblinge ceaſe.

Perbreakinge of black Colera.

But if the perbreakinge commeth of the black Colera/then ſet boxes of eche ſyde of hys necke.

Of Flegma.

But if it is cauſed of Flegma/then take Wormwod/Mugworte/ Hirſe or Millot vnſtamped of eche foure vnces. Put all theſe into a litle ſacke or bagge/and quilte them ſo/that they cluſter not/and ſeth them in halfe wine and half water/wringe it then out/that it droppe no more/ and laye it then warme vpon hys breſt:the ſame warmeth hys body and colde ſtomak/ and alayeth the wambling and perkreakinge. It helpeth alſo a woman wyth chylde that hath ouermuche wamblinge. Alſo doth it helpe them that haue the ſtone engendred of colde/and muſt bowe themſelues much/ it doth alſo alaye grepinges.

Perbrea-kinge of colde.

If the perbreaking commeth of colde/or els of cold and moyſt humors/ ether in a man or woman/then take Cumin/and make foure bagges/ eche a ſpan long and broade/put in eche of the bagges an vnce of Cumin/ ⁊ quilt the ſame bagges croſwyſe/that the Cumin do not cluſter/⁊ ſeth the ſame in a quart of vinegre/⁊ bind one of thē vpon eche wreſt of the hande as warm as it may be ſuffred/⁊ likewiſe vpon the wraſt or ioynture of the fete. And whē they ware cold/warme thē agayn in yͤ ſame liquor wherin they were ſodden/⁊ lay thē vp agayn as before/⁊ of this wyſe ceaſeth the perbreaking continently wythout daunger. And geue the patient a broth of gray peaſen wherein Cumin is ſodden/⁊ let him drinke good ſtrong drink/⁊ let him put at euery breakfaſt a peny weight of beaten ſaffron therein/yͤ ſame cōforteth yͤ braynes ⁊ ſtomak/⁊ refrayneth yͤ wambling or perbreakinge:but he muſt be war of ſuch thinges as coole him. Howbeit ſome cōplexions cā not away wyth ſaffron ⁊ abhorre it: for it cauſeth a lothſomneſſe:let the ſame drincke water of Bugloſſe and Porcelene/theſame comforte the head alſo.

But if the perbreaking would not holde vp/then make him a bagge of halfe an elle in length and bredth/and put therein Cumin/ and dreſſe theſame as is ſayd before/ſeth it in vinegre/and laye it warme vpon the nauell/ as warm as thou canſt ſuffer it:and when it wareth cold/ warm it agayn: wyth thys is alayed the perbreakinge/ and alſo doth thys wythſtande the grepinge.

Perbrea-kynge vvhoſe cauſe is vnkno-vven.

But if one had a wamblinge/and did perbreake/and wiſt not for what cauſe/or whereby it commeth/ let the ſame take the leaues of Quenches/⁊ binde them vpon the wraſt of the hādes/that alayeth it:the grener yͤ leaues be/the better be they. Yet if one would kepe thē in ſtore for winter / let him pluck them of from the trees before our Ladyes day/the xv. day of Auguſt/ and let them drye out of the Sonne.

Agaynſt perbreakinge take halfe an vnce of Betonye pouder/ and two vnces of hony/make a confection therewyth/and geue the patiente thereof euerye daye faſtinge.

Medlers eaten/do wythſtande perbreakinge/ comfort the ſtomak/and refrayne wamblinge.

I myſelfe haue had a woman/whych was accuſtumed euery morning/ to voyde at the mouth about two egges ſhelles full of vnclene ſlyme of clam my flegmatiſh matter:theſame was taught to take a certayne ſpace euerye morninge a warme ſlyce of breade/roſted wyth ſalte/and that alayeth the perbreakinge.

To cauſe perbrea-kinge.

But if a man had eatē ought/or had ſlymy matter within him/⁊ would fayne be ridde of it:to caſt the ſame out by perbreaking/let hym take white niſynge pouder/called Lingworte/aboute the thyrde parte of a dramme/

and vſe it in a broth of peaſen/and it ſhall continently breake from him. But if thou canſt not haue Lingwort or Niſing pouder/ then take the roote of Elder/and pyll the uppermoſt ſhell of it when it is grene/waſhe it/and bray it in a morter/and geue hym it in a warme peaſebroth. As for niſing pouder belonged to ſtrong complexioned folke to vſe/and not ouer the weight that I haue aboue ſpecifyed: For I was called by a man/that had taken niſinge pouder or Lingwort/a litle bag full/as is commenly ſold/ and had eatē the ſame/ſuppoſinge therewyth to driue awaye from hym/ſuch fylth and ſlime/ as he had in his ſtomak. And as ſone as he had taken it/furthwyth had he ſuche a rage and greppyng wythin hym/that eaſely was ſene the ſtomacke ryſe vp and doune/euen to the necke/and a colde ſweat brake out: ſo that he wened to dye ſtraght waye: yea I my ſelfe iudged him dead alſo. But as ſone as I toke an vnce of wyne/and a dramme (or the fourth part of an vnce) of Caſtoreum/warmed and mixte together/ and gaue him it/by and by was the wamblinge alayed.

Of lyke wyſe haue I ſene a boye of eight yeares/eate the paringes of whyte niſinge pouder/that were pilled from the roote by a Potekary/ and when the chylde was brought to me/not knowynge what had happened/ I aduiſed by my ſelfe/that the chylde had eaten Lingwort. For the ſweate brake fearcely out/and it waxed pale/as if it wolde dye. Wherefore I gaue hym Caſtoreum/the bigneſſe of a filbert wyth a litle warme wyne/and continently was it hole/whych was euen at the poynt of death.

A ſtraunge Apotekary bad my ſeruaunt ſmell in a ſagge/wherein was beaten Lingworte or niſing pouder: and when he ſmelled therein/he thruſt hys head into it/ſo that hys mouth and noſe were full of it. Then ranne he vp and doune in the houſe/as though he ſhould haue dyed. Wherfore I gaue him ſtraight waye freſh butter/and after that Caſtoreum wyth wyne/ (as is ſayd before) and he was healed incontinently. This haue I written/ that ſimple folke maye beware of Lingworte or whyte niſing pouder/without it were proued before/wherfore the commune people knoweth not. Lyke I my ſelfe haue ſene a ſtrange peddelapotecary miniſter to the commun people/that two or thre dyed of it. Therfore when one will vſe them/he ought not to take aboue the weyght of twintye wheate cornes/wyth a whyt peaſebroth. Howbeit for the Lingworte maye be taken the rootes of Elder pilled/as is ſpecifyed before.

To cauſe to pbreake vvithout payn

Wilt thou cauſe one to perbreake lightely wythout ſmarte or payn/take the ſede of Orenge/ſeth that in water wythout ſalte/ and put a litle oyle of nuttes thereto/ and geue hym it wyth ſome courſe meate/and let him eate well/that the ſtomake maye be full. After ỷ geue him of the foreſayde broth warme a good draught: after that let him laboure a litle/or els walke/ vntil he be chafed/and then ſhall he perbreake and caſt oute whatſoeur euill corrupcion he hath in hys ſtomacke.

The coughe and the cauſes thereof.

## ¶ For the cough.

MAnye wayes getteth a man the cough: ſomtyme of the breſtes miſtemperinge/ſomtyme of a matter that is inward or outwarde of the body.

If it be wythin/as it happeneth oft/that an humor falleth oute of the head into the breſt/theſame is the worſt to be healed.

An humor in the breſt

It the cough commeth of heat/then is the vrine rede/and this throte is drye and rough. To ſuche one ought be geuen barly potage wyth butter to be eaten/and Ptiſana or Barly water to be droncken/ wherein Lycoris is ſodden. Geue him alſo to eat potage made wyth Lettis chapped and ſodden in water/ and after that well fryed in butter/thys taketh awaye the cough wythout payne.

The cough that is engendred by colde/is knowen by the whyteneſſe of the vrine.

He that hath a feruent cough/let him take Neppe/ that cattes delite in/ ſo much as a Walnut/let him cut it ſmal and ſtampe it/and make a taunſey thereof/wyth two egges beaten therein:let him eat this/ and it ſhall make him whole. Thys taunſey maye he eate when he will/and is ſpecially good for hym that hath a cough/cauſed of colde.

Or els vſe thys medicine:take wyne and oyle of olive in like quantitye/ put theſame into a cruyſe/and ſeth it a litle/ſtere it together/ and geue hym that to drinke/when he will go to bed/and in the morninge/ ſo warm as he can ſuffer it:do thys two dayes one after another/ and thys breaketh the running or morres/and ſofteneth the cough wythout hurte. It is alſo good for horſeneſſe/ cauſed of colde.

The cough doth alſo ouertake a man by reaſon of an euell humor engendred in the liuer or the lightes/and ſo do fall into the breſt:the ſame muſt be holpen of this wyſe as ſhall folowe.

An humor in the liuer

Somtyme is the cough cauſed by forен or outwarde occaſions as are ſmoke/euill vapors/ſtinking ayres/duſt/colde drinkes/or of drinkinge cold when a man is chafed/or els when he drincketh/it falleth into the wronge throte.

Outvvarde occaſions.

The drye cough commeth somtyme/that yͤ patient hath an vnclene pulmen or lightes & throte/& of fylthy matter/yͭ is aſſembled about yͤ pulmon & the griſtels of yͤ pulmon in the cheſte/& is waxẽ tough:wherby it cõmeth/yͭ a man can not caſt it out/& getteth ſomtime a deadly apoſteme. When it is now growẽ to an apoſteme/then helpe him with ſyropes/ as I ſhall teache you here after to mollifye it. Take alſo diligent hede whence the apoſtemacion commeth/yͭ therafter ye maye know how to cure him/ and let this folowyng be the general cure.

Drye cough.

Take a whit cloth/wet yͤ ſame in cold water/& ſtrayn it wel out again: thā winde it wel about yͤ patiẽtes throte. After yͭ take another warm cloth/ & wind alſo threfold about yͤ throte:thys do in yͤ morning/ middaye/& at night/& geue him thys ſyrop: Take a diſhfull of brayded or beatẽ barlye/foure vnces of reſines/& xij. figges wel waſhẽ in warm water:put thẽ into a new pot/& take iiij. quartes of water/let thẽ ſeth halfe an hour. Thẽ ſtrayn this/ & put the drinke agayn into the pot/& caſt into it ſixe vnces of ſuger/ lette it boyle ones/then take it of and ſtande to coole. Drinke of this when ye wil/ ſpecially in yͤ morning & euen to bedward. Thys mollifieth very wel/& cauſeth to caſt out/& maketh large about the breſt:alſo doth it heal yͤ ſoreneſſe & roughneſſe of the throte. If it waxeth thicke/then put more water to it.

Cure generall of apoſtems in the breſte.

A drinke

## ¶ A drinke for the cough/for thyrſte and roughneſſe of the throte.

TAke a quarte of water/put an vnce of ſuger therein/and ſeth the thirde part of it awaye/ſtrayne it through ⁊ cloth/and let it coole/ and drinke of it ſo muche thou liſteſt. It is good alſo to waſhe thy mouth in the morninge and at none wyth warme water/and to rubbe thy teth:alſo to waſh the forhead and temples wyth warme water/this clenſeth and maketh the head lighte.

## ¶ An other ſyrop for the cough and apoſtemacion in the breſte and harte/whiche weakeneth and cauſeth to caſte oute.

TAke Violettes a handfull/ ſixe leaues of Hartes tounge/ put them in a clene cloth and in a pot/ to thys putte a quarte and an halfe of water/ ſeth it vntill the thyrde parte be ſodden awaye:then preſſe it through a cloth into a clene pot/put thereto foure vnces and an halfe of ſuger/ſteare it well vntill the finger is all molten.Of thys mayeſt thou drinke when thou wilt.

If the cough commeth of heat/then is the throte ſore/and very dry/ and the patient is very coſtyf.The cold ayer doth hym good / when he goeth in it:for he thynketh that his harte is refreſhed and quickened. Thiſſame ought to be let blood in the Epatica or liuer vayne.

But if it is not conueniente to let the ſame bloode/ then marke whether hys cough be cauſed by a hote humor/and to what parte it floweth/and on that parte ſhall ye ſet boxes/for that is good.

## ¶ For the hote cough.

GEue him to drinke ſyrope of Violettes/to bedwarde/at nighte/in the morning/and els when ye will/wyth a litle blood warme water.Theſame cooleth/mollifieth and cauſeth to caſt out: it ſlaketh thyrſt/breaketh apoſtemacion/miniſheth the cough / and comforteth the drye and hote harte.

## ¶ But when a man dyd cough/ and were ſtrayght aboute the breſt and harte/and had heate therewyth/ ſo that it were taken for an apoſtemacion.

TAke a diſhe full of Hempe ſede/put thereto a litle warm water / braye it well/ and ſtrayne it wyth warme water/ſo that it become as a thyn parage.After that when it is colde/geue the patient therof to drinke ſo muche as he liſteth wythout hurte:the ſame doth mollifye ⁊ coole very well/ſlaketh thyrſte/ and maketh large aboute the harte.And it is hood to ſeth that hempſede milke wyth butter/

butter/ſuppe there of wyth a ſpoone as hote as ye can ſuffre it/and in thre dayes ye ſhalbe whole without hurte or payne. It is good alſo for ſtich about the hart.

A conſumynge cough.

But he that hath a conſuming cough/and were greatly trauayled therwyth/let hym eate at ones halfe a vnce of ſuger Benedicti. Then let hym take thre hoopes of a veſſell/the one alwaye greater then the other/& hang ouer them a couerled or tent cloth/tied to the roofe or plancher/in the forme of a bell dounwarde/and aboue narrowe/reachinge wythin a foote to the grounde. Under theſame ſet a ſtoole wyth a hole/but ſitting vpon theſame/he maye not reache wyth hys head to the chayne or feſteninge. Then take Malowes/Oetſtrawe of eche a great handfull/and as much of herbe Valeriane/ſeth theſame in a kettel well couered. After that put them into two tobbes/and put the one vnder the ſtoole wyth a hole/into the other ſet thy fete as hote as thou canſt ſuffer it/and let the vapor ſtrike vp into the and vpon the naked body/vntill thou be fallen into a ſweat. If the tobbe vnder the ſtole doth caſt no more vapor/then laye a hote flintſtone therein/ſo ofte tyll thou be fallen in a ſweat: and thys ought to be done in a warme chamber/or hote houſe. Ye muſt not trauayl your ſelf to muche/leſt ye ware to feble: and alſo if ye be fat/like ye haue a ſiege before ye attempt thys dry bath. When ye now do ſweate well/then laye you doun vpon a bedde in yͤ chamber or hote houſe: and if ye haue yet ſtrength to ſweate more/do ſo/for it is very good: for it weakeneth the harde matter/and maketh eaſye to be caſte out/whereof the cough is engendred. After the bath muſt ye not go in the wynde/and remayne that nyght in the hote houſe/or ſome cloſe chamber/and ſhoulde eat ſom thinge that geueth ſtrength/and drinke good drinkes: the meat muſt be ſuche as nouriſheth well/as are Oetmel gruel/Perſely rotes/and ſuche lyke. This ſhall ye do thre dayes one after another/& yͤ cough ſhalbe mollifyed without grefe: and if he had a running in his head/wherby the congeled matter might be hindered to loſe and breake/thys ſhal breake it/and voyde it. Take alſo oft in thy mouth the roote of the herbe called Pelitory of Spayne or Muſtarde ſede/chawe them/but ſwalowe thē not: that draweth much corruption doune. If the patient is ſtronge of complexion/than put a litle Niſinge pouder into his noſe/to drawe doune the euill humors/and beware of colde.

He ought alſo holde hys mouth oft ouer a pott/wherein are ſodden Rapes or Nauets/that the hote breth or vapor maye go into his mouth/vntill hys face ware reed/and he do ſweate: and let him kepe himſelfe warm ther vpon. Thus may he do lykewyſe ouer a pott/wherin Appels or Peares are ſodden wyth wyne/Ale or Bire.

Item if ye will be ridde of the running/take ix. matches made of brimſtone/put them into a pot ſtopped cloſe/ſaue a litle hole/make thē to burne/hang a clock or ſome thing vpon thy head/open thy mouth wyde open ouer the pott/and receyue that breth or vapor into it: thys do in the morning and euening/and the running ſhall breake or fayde.

¶ Thys folowynge is very good for the cough commynge from the lightes.

Agaynſt the cough cauſed of diſeaſed lightes.

Eate a potage made of wheate / water: and butter: or els take a diſhe full of pure and clene wheate/ſeth theſame in two quartes of water/ vntill the thyrd parte be ſodden in. Theſame broth is good dronken for the cough/ for it clenſeth the pulme or lightes / and the pypes of theſame/whereof the cough commeth.

A cough vvith grypynge.

He yͭ hath the greping in his body with the cough/or els ſhoulde get an apoſtemacion with the cough/let him take iiij. vnces of a black ſhepes wol/ put yͤ ſame as warme vpō his body/as he cā ſuffer it/iij. tymes in yͤ day/ in yͤ morning/at none & to bedward. That mollifieth yͤ matter / wherof yͤ cough is engendred/ſo yͭ he may voyd it/& taketh away the gryppinge and cough.

Cough of humors.

But if yͤ cough did come of humors/deſcēding frō the head or other mēbres into yͤ breſt or ſtomake/thē geue him this drink: Take hony the quantitie of an egge/beate theſame with warme water/ drinke it as warme as yͧ canſt/in the morning and at euen: that alayeth the humours. Ye muſt beware ye haue good ſieges/leſt ye get a greping therby.

## Another drinke for the cough/that cooleth and mollifieth very well/and ſpeciallye apoſtemes.

A drinke for the cough.

Take Hempſede well beaten/mixte wyth water/and ſtrayned through a cloth/ſo that it waxe euen as milk/drinke therof in the nyght and to ward night when ye are thyrſtye.

Or els take Rapes or Nauettes as much as a fyſt/roſte the ſame wel in aſhes/yͭ they become as weke as a pere/yͤ reader they be/ yͤ better are they: it greueth not though they be burnt ſomwhat. Theſame ſhall ye eate when ye go to bedde/as warm as ye can ſuffer it/and lykewyſe in the morninge. This is good alſo for horſeneſſe.

The rote of Iris or blewe floure delyce ſodden in wyne/& dronke in the morning & at night/taketh awaye the coſtifneſſe/& maketh large in yͤ breſt.

He yͭ cougheth/ought oft kepe his breth in/ſo long as he can: & if yͭ do not help him/then let him dayly blow yͤ fyre wͭ his mouth/& he waxeth whole: if yͭ do not helpe alſo/then let him eat roſted figges/wheron is ſtrowed yͤ pouder of Nep or Catmint called in Latin Calamentū. But ſome vſe nomore ſaue foure or fyue Pepper cornes/and chawe them/that taketh awaye the cough.

## Of diſeaſe of the harte.

Hartes diſeaſe.

Cardiaca is a diſeaſe of trembling of the harte/when it trembleth/leapeth and beateth/by reaſon of the humors / that are gathered within the celles or felles that enuiron the harte: and this ouertaketh the patiente ſodenlye/when the humors fall to neare the harte.

If the humors are mixte with blood or colera / that cauſeth ouer greate heat/then trembleth the harte/and the patient waxeth feble/ and thyrſteth very ſore/and draweth hys breth heauely.

If the humor be mixt with melancolike blood/then trembleth the hart/ and the patient is werry/thyrſteth not/and is faynt: wherfore ought yͤ hart be holpen furthwith/ſeynge it is the moſt nobleſt parte of man.

If the hartes diſeaſe commeth of colerik blood/which is hote and drye/ then muſt he be let blood in the leuer:or els(without the ſeaſon do hinder it) geue him a drincke made of Caſſia fiſtula/tempered wyth Borage water/ Bugloſſe water/and Medewort water/called in Latin Meliſſa.

But if the diſeaſe come of Melancolick blood/make him a ſiege wͭ Diacartami thre quarters of an vnce in the morning/⁊ let him walke wel vpon it. The third day geue him pilles de iera picra ſeuen in nombre to bedward: theſame clenſe the hart from fylth and noiaunce. It were good alſo to bath and ſweate/yet not to whote/leſt he ware to feble.

Somtyme commeth it of euill heat and moyſture/and corrupt blood/ ⁊ then doth he ſweate ſore. The ſame ſhall be let blood vpon the left hand in yͤ veyne of the lightes/and anoynte hym wyth Paulinum/ and oyle of Violettes/and geue hym ſuger of Roſes ⁊ light meates. Or els take a good fatt hen/yͭ hath ben killed ij. dayes before/yͭ ſhe be tender: of theſame ſeth a quarter very well wͭ water/in a pot wel cloſed and ſtopped/yͭ no breth can come out of it. Then take it out/⁊ hold the quarter before the patientes mouth ⁊ noſe/⁊ the ſauour therof ſhal comforte and ſtrengthen him very wel/ ⁊ lette him drinke a litle of the broth. But if the patient hath taken cold/then put a litle Cinamon in yͤ water to ſeth wyth yͤ henne/for yͭ geueth good warmth. Thys pot oft tyme ought to be putt in a ſtillitory/called Balneum Marie/ mixt wyth aſhes/and wel cloſed/and ought to ſeth thre houres/ or more/vntill euery water be conſumed:and marke well whan it is inough.

Stiche about the harte.

If a man hath a ſtiche about the hart/if it cometh of blood/or a hote humor/or a fall or bruſing/than geue him to drinke Endiue water/Pimpenell water/Moulbery water/or els Borage water. If ye haue not the waters/ then ſeth yͤ herbes with water/⁊ drink it. Or els take Borage yͤ herbe/ chap it ſmal/⁊ dight it lyke a thycke potage/put butter therin ⁊ eate yͭ in the morning/yͭ is very good. Bugloſſe is yet a more ſouerayne herbe to comfort the harte/dighted of this forſayd wyſe:but yͤ Borage potage is good for yͤ ſtiche about the hart/ſpecially if one maketh a potage therof with the herb of Daſye/yͭ helpeth wel/if a man were fallē or wounded:for it driueth awaye the euell blood/yͭ it auoyd from him wyth a ſiege. Alſo if a man haue any grefe or heuines about the hert:thē let him vſe yͤ herbe/floures or root of Borage/ or els the water diſtilled therof or ſodden:for it comforteth the harte verye well/and maketh a man mery.

## ¶ Of hartes febleneſſe or fayntneſſe.

Faintnes of harte.

THat commeth thereby/whan the fylth is ſo encreaſed aboute it/ that it can not expell and caſt it from it. Thys fylth is engendred by great ſurfeting and exceſſe/ſpeciallye in ſuch/as ſurfet ⁊ labour not/wherby their ſtomak wareth ſo full/yͭ it can not digeſt it. Or els if a man had eatē meat euel to digeſt/wherby the body is fylled wyth ouermuch wind/⁊ the hart febeled/whereof man getteth manye diſeaſes and inconueniences/as are ſcabbes/puſhes or wheales/mattering ſores/karnels and the canker.

But if thys filling or repletion is in the ſtomak/yͭ marke therby: he belketh or breketh much wind vpward/or perbreaketh/⁊ hath payn in yͤ head.

Helpe theſame of this wyſe: Purge hym wyth a drinke of pouder of Sene/ geue him in the eueninge a quarter of an unce of pouder of Sene/ and in the morninge as much/ wyth a peaſe broth blood warme/ and that ſhal cauſe him to haue a ſiege. The nexte day after/ cauſe him to ſweat in a bath/ (if hys ſtrength can ſuffer it) wͭ theſe herbes: Take Ualerian/ Popular/ Heyſede and Doteſtraw of eche a lyke/ and geue him to eate broth and potages wyth a litle ſaffron/ that comforteth the harte. If ye haue no ſaffron/ then take pouder of Bugloſſe/ or els geue hym potage thereof to eate/ or cauſe him to perbreake/ and tye hys legges wyth litle cordes/ thruſt a ſquill dipped in oyle into hys throte/ to cauſe him perbreake. Or els cauſe hym to perbreake wͭ Oken leaues/ as I haue taught you before. Or els geue hym ten pennys weight of whyt niſing pouder/ if he can ſuffer it: Howbeit I wold not gladly cōſel it/ therfore beware alway of niſing pouder/ if yᵘ canſt forbeare it.

The maners of voyding the body

It is to be noted/ marked & knowē/ yͭ great voyding & emptening of the body is by sieges/ by perbreaking/ blething at the noſe/ ſweat/ floures of womē/ rūning ſores/ & by letting of blood/ which is an abundant emptyninge/ and weakeneth the body/ chaungyng a man his color/ & quenchyng his naturall heate/ wherof then muſt the harte nedes waxe faynte/ as well as of exceſſe of fyllinge or ſurffetty.

Soudain alteraciō

A raſh or ſoudayne alteration from heate into colde/ ſtoppeth yͤ ſweate/ and encloſeth the fylth wythin the body/ whereby a man wareth faynt and feble. It fortuneth alſo yͭ a mās harte wareth faynt of ſoudayn ioye/ & yͭ happeneth moſt to aged folke/ whoſe nature cōſumeth. The harte alſo ſhrink together by reaſon of exceſſiue feare/ heuineſſe & miſchange/ or els by aſtoniſhment. For great ioy doth the harte ſo open it ſelfe/ that the natural heat faydeth euen awaye/ & then wareth it cold and feble/ that men do ſomtime dye for ouermuch ioye and gladneſſe. Somtyme wareth the harte faint/ by reaſon of the payne that other membres haue/ for the payne ſtriketh to yͤ harte/ and troubleth the naturall courſe the body and entrayles.

If nowe yͤ harte is faint by reaſon of great emptineſſe/ then let his face be cooled wͭ water/ pul him by the noſe/ & ſcratch him about yͤ holow or pit of yͤ ſtomak. But if the emptineſſe be in the upper membres/ then binde the nethermoſt membres.

Nota for vvarmīg and confortynge the hart.

It is to be noted/ yͭ nothing is better for faintneſſe of harte/ thē yͭ a mā put hole ſaffrō in his drinke/ & put alway a litle in his broth or potage: yͭ comforteth the harte very well/ & warmeth a man: lykewyſe alſo doth Aqua vite/ wherin is put hole ſaffrō & then dronke. Or els take euery day about one or two of yͤ clock at after none an egge/ & roſt it/ yͭ the whyte ther of waxe a litle hard: then take the yolke out of it/ & put it into a diſhe alone/ and poure a good ladel full of fleſhe broth/ and put beaten ſaffron therein/ as muche as though thou woldeſt ſalt an egge/ put thereto alſo a litle ſalte/ and drinke it then oute: that ſame is a greate comfortinge of the harte/ and not only the harte/ but alſo the whole body.

Voidnes in the nethermoſt mēbres.

But if the voydneſſe or emptineſſe is in the nethermoſt membres/ then tye hys upper membres.

And if his head do ake ſo ſore therof/ that he thinketh to be raging therby/ then helpe him of thys wyſe: Bath him ſoftelye/ and he ſhall lyghtely ſweat.

ſweate. And yf he hath heate in the heade/then make hym thys: Take an vnce of oyle of Roſes/vineagre halfe an vnce/beate thē well together/ ſtrake thys oft about hys heade / thys alayeth the heate and ragynge of yͤ heade. Geue hym pilles de iera picra/ and ſet hys fote oft in warm water/and rubbe them dounward. And when he taketh them out/then let hym rynſch them in colde water/ and laye hym doune and reſt: but let hym haue the ſoles of hys fete vncouerd/ that the euel humors and heate may drawe dounwarde towarde the fete. Geue hym to eate meates confortatiue: howbeit not to muche at once/ vntyll he haue recouered ſtrength. If he be a man/he muſt beware of women: for that ſhulde hurte hym.

Faintnes of heate.

Yf yͤ febleneſſe is come of heate or of vapor/helpe theſame of thys wyſe: kepe him from anger or whote meates and from wyne/wythout it be very well alayed/and geue hym thys folowyng: Take the karnels of the Pomgranate / and as muche Barley meel/ mixe theſame together/ and make a potage thereof/lett hym eate that. Thys cooleth the harte/and comforteth it: it is alſo good for the ſtomake that is ouerchafed. But yf ye can not haue Pomegranates/than take in ſteade thereof Berberis.

Faintnes by trouble and colde.

If the fayneneſſe commeth by trouble and colde/ thē geue him ſuch thinges as warme him/and bath him in warme water / to warme him naturally/and let him drinke good wyne. Take alſo Saffron / Cinamon/ Clowes/of eche a quarter of an vnce/Suger two vnces/Aqua vite half an vnce/water of Bugloſſe an vnce/whyte wyne a quarter of an vnce / put theſe together in a glaſſe/and let them ſtand a day and a nighte. After that drinke thre morninges therof faſtinge/that chafeth and warmeth the ſtomake/ and comforteth the patient. And in hys meat ought he to put of the forſayd ſpices/and kepe him ſelfe warme/and beware of ſuch thinges as coole.

## ¶ Of all accidentes and diſeaſes of the ſtomake / and howe it maye be healed.

Of the accidences and diſeaſes of the ſtomack.

Whan the ſtomake is full/and can not digeſt / it is to be marcked/ whether the matter indigeſted commeth of ſuperfluous eatinge and drinkinge: for that weakeneth the ſtomake and hys naturall operacion. And theſe are the tokens/whereby it is knowen/ whether the diſeaſe commeth therof: the vapors come out of the ſtomake/ & clim vp into the head: or els is hys mouth bitter/and he is thyrſty/ & hath greate payn in hys eyen. Somtyme commeth the diſeaſe by vnmeaſurable and inordinate eatinge of colde meetes/and thereby is the naturall operation of the ſtomake altered and weakened: and in the bottom of the ſtomacke engendre euill humores/cauſinge that man can not digeſt. And theſe are yͤ ſignes whereby this is knowen: the vrine is whyte/thick and pale: aboue & in the midde is it clere/and in the bottom is it whyte as whey of milcke/ſyncking and cleuinge to the bottom as it were corrupt matter. The patiente hath greate payne in the kidneys and backbone toward the lefte ſyde. He hath alſo great colde in hys braynes/ whych commeth thereby/ that the ſtomak and braynes be farre aſunder/and the vapors drawe vp out of the ſtomake into the heade/and thereby is the colde of the braynes augmented.

Tokens of the euill digeſtion in the ſtomack.

*Of the homish apothecary or homely physick booke*

If the ſtomake were full of euell humors/that are hote/and were engẽdred of ſuch hote meates/as are Garleke/Onyons/ Muſtard/Pepper/and ſuche lyke/then are theſe the tokens of it: The paciente hath greate payne in the heade/he hath greate heate in the leuer/ whyche is by reaſon of the hote meates that he hath eaten: for they inflamme the leuer/and conſume hyr moyſture. And if the paciente is of Sanguine or read Colera complexion/ and eate ſuche hote meates/ then getteth he feruente heate/ and burneth lyke fyre: he conſumeth his naturall heate/and getteth an vnnaturall heate in al his body/and at the laſt getteth he a feruente ague/called ſtinkinge febres/by reaſon the naturall heate and the natural moyſtnes which manteyn the body/are conſumed.

If the patiente is ſycke of the heate/ then muſte he beware of all maner of hote meates/and that he eate not muche at ones/ nor ſurfet. Hypocrates ſayeth: Lyke to lyke/miſtempereth the bodye: and therefore oughte colde meates be geuen hym/that is hote: and contrarywyſe hoate meates to hym that is colde/to ſette the bodye agayne in a frame. Therefore alſo is it conueniente to geue the patient lyghte meates of digeſtion/and colde/ to reſtrayne the heate of the bloode and the read Colera.

And if the diſeaſe were of flegma or black colera/or els of ſurffeting/ thẽ muſt he be holpen of thys wyſe: He ought not to eate nor drinke muche/ but hys meates ought to be ſuche/as warme ⁊ comforte the ſtomak. He oughte alſo to eat cõfectes of quinches/made with quinches/ſuger/or cheries/or wͭ ſuger ⁊ appels: theſame augment and reſtore agayn naturall moyſture.

Item when a man hath hys ſtomake full of ſuperfluous hote moyſture/ of ſanguin or reade Colera complexion: then muſt the euill humors be digeſted and prepared wyth anye of theſe drinckes/whyche ye can beſt gett. Take Barlye halfe a pounde/ thre quartes of water/and ſeth them to the fourth parte/then ſtrayne it/and put therein the rootes of Succorye two vnces/Fenel rootes an vnce/ Mayden heyre/ Endyue of eche an vnce/the herbe Bugloſſe/the herbe Borage of eche half an vnce: poure ouer thys the foreſayde Barly water/and ſeth the fourth parte awaye/and then ſtrayne it agayne/put an vnce or an vnce and an halfe of ſuger to it/and geue the patient to drinke of it in the mornyng and euenynge. And when the matter beginneth to be ready/then purge the ſtomake of thys wyſe: Take electuarium de ſucco Roſarum thre quarters of an vnce/a quarter of an vnce Diaprunis laxatiui/Caſſie fiſtule extracte halfe an vnce/Hony of roſes half an vnce/water of Bugloſſe/ Borage and Endiue of eche thre quarters of an vnce. Mixe all this together/and geue yͤ patient the one half at euening/ and the other in the morning in the dawning/let him walk vpon this/ and not lye doune agayne vntill nyne or ten of the clocke: for aſſone as the hote moyſture is prepared and digeſted/then is ſhe eaſy to be caſte oute/and wyded. And if the patient ſweat muche/then is it to be marked/that the bodye is full of ſuperfluous humours: and wyth digeſtyng of the humours/ according to mans complexion/is he cured and made whole: and this aforementioned drinke and purgacion is the digeſtion and auoydinge of ſuche fylth. After that ought ſome conſerues and Electuaries be miniſtred to him.

The ſtomake doth ſomtyme wãbel ⁊ is qualy by reaſon of a heate/ that

Is engendred by vndigeſted meates/or vnwholſom meates/ and the vapor thereof beateth vp into the head. Theſame diſeaſe happeneth ſomtyme of rawe humors in the ſtomake/and if ye take the patient by the body/then is it outwardly weake/and yet feble. Geue to theſame in the morninge halfe an vnce of Diacarthami/or els geue him halfe an vnce of Electuarij de ſucco roſarum:theſame clenſeth the rough moyſture out of the ſtomak.

But if the ſtomak doth wamble of Melancoly/ then is hys bodye hard and drye/when a man gryppeth thereon. He that hath that diſeaſe/ ought to anoynt the body wͭ oyle of oliue/wherin are ſodden Fenkel ſede or Kumin.

If a man had ſome euell matter/vpon the mouth of the ſtomak/whiche he wolde gladly vomite out:or els dyd perceyue/ he had muche ſlymy fylth within him/& wold fayne be rid therof by vpbreakinge:or that his ſtomak did wamble:let him take grene Oken leafe in hys mouth/and chawe it. If ye can haue no grene leafe/then take a drye or ſeer oken leafe/and laye it in water/and then put it into thy mouth. Do this twiſe/thryſe or foure times/and it ſhall drawe much ſlyme and fylth. And if he hath any matter within him/then doth he caſt it out by vpbreakinge. Or els take a litle ſpringinge water / and vinegre of lyke quantitie/and drinke thereof as muche as an egge conteyneth.

To auoyde quaſineſſe and euell appetite.

If a man had gotten vnluſtyneſſe/that he had no appetite to meat/ and wareth heuy & faynt/nether can tell wherby it commeth/nor yet hath great heat:then is nothing better for him/then that he take thre hennes egges in the morning/and let them be thorow warmed. After yͭ let him breake them vp/and take away the whyte therof/and ſuppe out the yolkes / and drinke thereupon a good draughte of wyne/and faſte thereon vntill the eueninge/ & walke ſomtyme:yͭ conſumeth the euill humors/ whych cauſe vnluſtineſſe.

But if he had gotten this vnluſtineſſe after meate, then let him eate no more after that vntill the euen/ and then lette him eate a thynne pappe of otemeel/made wyth wine/ and let him drincke litle/for that is good. And when he will go to bed/then let hys fete be rubbed wyth vinegre/ wherein is ſodden Wormwod: thys wil happely caſt him in a ſweate/that were very good.

If the vnluſtineſſe commeth by aduerſitye and heuineſſe/then is he holye diſmade and heauy/and all what he doth/that greueth him. Theſame muſte be cured of thys wyſe: Lette him reſorte oft wher myrth is vſed/ and eate meates good of digeſtion / and in all hys meates lette a litle ſaffron be put:for that comforteth the harte / but it cauſeth vnluſte in the ſtomacke/ therefore oughte but a litle be put therein/yet cauſeth it good blood/and reioyceth the harte.

He that hath an vnmeaſurable luſt to meate or drinke/the ſame hath alſo ſomtyme vnmeaſurable ſieges:for the meat goeth oft from him not well digeſted/ſeynge the ſtomake nedeth not ouermuch meate/to digeſt well/ & that it leaue not at the laſt euil humors. Theſame ought to drink good read wyne/and eat meates that do not ouerchafe the ſtomake.

Greedyneſſe to meat and drinke.

They that haue many cold humors in their ſtomake/let the ſame eat faſting rawe onyons wyth ſalte and courſe breade. Garlike doth alſo cōſume ſuperfluous humors in the ſtomacke / and helpeth it to digeſte:wherefore

Cold humours in the ſtomake.

it is good for labourers/that drinke much water/and eate colde meates: it driueth awaye alſo the dropſey.

But if the ſtomack had ouermuch ſlymy humors in it/then oughte it be loſed wyth Diacartami/or pilles of iera picra. But if it hath ouermuch heat then purge it wyth Electuarium de ſucco roſarum/ in the morninge / wyth a peaſe breth. And after two or thre houres geue him yet peaſebroth that is not ſalted nor ſauoured/and let him walke / and not lye doune it he haue ſo muche ſtrength. He maye alſo eate grene ginger agaynſt a ſlymy ſtomake/ the ſame warmeth it/and maketh digeſtion. Or els make a potage of yong Nettels/theſame warmeth the ſtomake/and conſumeth euill humors in it/ and cauſeth good digeſtion. Grene Calmus doth lykewiſe eaten in the morning and euening/and purgeth the ſtomack.

But if it is in winter/then eate in the morning and eueninge Anis ſede vpon breade/dipped in wyne/theſame clenſeth the ſtomak from ſlyme/ and maketh good digeſtion. S. Jhons beries called in Latine Berberis / ſlake thyrſte/ſpecially that commeth of Colera or the gal/and ſtoppe the flixe/and make appetite to eate and drinke: they be good for the quauering harte / reſtrayne vomitinge/and are good eaten agaynſt bluſters or reed puſtuls/ agaynſt the peſtilence/ ſpeciallye when they are rype/ſtamped and ſtrayned through a cloth/and ſodden to the thyckneſſe of a pappe: kepe this through the whole yeare/and take therof a Walnut ſhell full at ones.

### ¶ When a man can not ſweat/or els ſweateth ouermuche/ howe that maye be cauſed/ or refrayned.

Of ſvveatinge. Some men ſweat muche/and when they ſweat not/ then are they euill diſpoſed/and fynde none other grefe nor diſeaſe anoynge thē. This ſweate muſt be wythſtande / or els maketh it the membres feable/ and dryeth hym wythoute his knowledge. He that doth ſo ſweat/be ſure that it is a token that he is full of euill humors/wherwyth he Cure. is chafed and warmed/that he muſt nedes ſweate. Theſeme ought to be cured of thys wyſe: he muſt be purged/after that ye perceyue hys complexion: and when he is in purgynge/ make hym a bath/to drawe furth ſuche humors of thys wyſe:

Take a pounde of Gentiane rootes/ſlyce them as ſmall as grotes/putte them into a litle bagge/put thereto two vnces of ſalt/ and eyght quartes of water/and let the Gentian be well ſodden: and if thou nedeſt more water/ take more of the fyrſte water. In thys bathe let him bath ſixe houres in the morning freſh and faſting/or according as he can ſuffre it. And if he would gladly eate or drinke/let him boldely eat a ſuppe/and drinke ones / to make hym ſtronge. When he hath now bathed ynough/then let him lye doune to bedde/and reſt or ſlepe well: and if a ſweate came vpon him/ withoute procuringe/that were very good for hym/and that he might euen ſo reſt or ſlepe a litle. Then let hym eate that/wherto his minde ſtandeth beſt/whether it be Chekens or Pollets ſodden or roſted/Ryſs potage and other good potages. He muſt be ſober in eatinge and drinkinge/leſt he take a ſurffet / and the ſtomake be ſtopped/whereof is cauſed a lothſomneſſe to hys meat/ and conſequently the yalow iayndes or other diſeaſe / for the whiche he nedeth not to bath any more.

## ¶ Of ſweatynge.

ONe maner of ſweate is naturall/ the other vnnaturall. The naturall ſweat commeth by it ſelf / ſo that a man ſweateth ouer all his bodye/ and ſe that his nethermoſt partes are warme/and that his ſweat is warm/ and that man wareth not faynte of it/ye he reſteth better after it/and is lyghter than before. This is a token/that that man hath many humors within hym/and that hys nature is ſo ſtronge/that it can expell and dryue oute theſame humors/and therfore is ſweatinge for ſuche one. They are alſo naturall ſweates/when a man goeth in hote houſes that are not ouer whote/ and that man doth than beginne to ſweate: or els when one batheth in waters that are not ouer hote / and that he beginneth then to ſweate aboute the head and eyen. Thys ought not to be reſtrayned/for it is wholſome. Or els is it a naturall ſweate/when a man laboureth meaſurablye / and is not ſo ſore chafed therewyth. All theſe are good and holſome/for they dryue awaye from man the ſuperfluous humors.

Tvvo maner of ſvveates naturall and vnnaturall.

The vnnaturall or euell ſweate is it / that commeth to warde the euenynge/and is colde/and waltereth only about the harte. Theſame though it be not good/yet is it not ſo greately to be wythſtande. But when a man hath a greate diſeaſe or febleneſſe/and a colde ſweate breaketh oute onely aboute the noſe/that is a very deadlye ſigne/ſpecially when the noſethrilles open and cloſe ſcarcely/and the noſe wareth ſharpe.

Tokens of death.

But when he ſweateth onely aboute the harte/that is ſomtyme a token that a man is verye contrarye to hys nature/and that the heate is inwarde in hys bodye / and nature oute of frame / and the pories (whyche are the iſſues of the ſweate) ſtopped / whereby nature is not ſtronge inough to dryue oute the ſweate through the ſkynne. Beſyde thys are thoſe naturall ſweates/when men ſweate muche euerye daye: and that cometh thereby/that men haue ouermuche moyſtneſſe or humors wythin thē / and that muſt be abated then and letted.

Theſe thynges cauſe to ſweate wythoute daunger: The floures and herbe of Camomille/or els Malowes/putte them into a cloſe tobbe / and make a bath ſo/that the vapor maye ſtryke vp into the. And ſuche a bath is good for them/that will not gladlye wet theyr fete. Lyke vertue alſo hath Fenell/Penyreal/the floures of Hoppes/Brancke vrſyne the toppets of the floure/Saluye or Sage wyth the floure/Smalage/and wild Clarye/called otherwyſe Oculus Chriſti.

Thinges cauſyng to ſvveat

## ¶ A good bathe for them that haue taken colde.

Of thys wyſe oughte they be bathed drye/whyche haue taken colde/

befor

before they do bath in water:Take Mugworte/Sauge/Fenel/Penyre
of eche a hand full/chappe them ſmall/and put them into two bagges/ſe
them well/and make a ſweating therewyth when ye will bath. And wh
ye will bath/then wet a long cloth in colde lye/wringe it well oute/and t
it about thy head. Then put the water that the herbes haue ben ſodden i
into a tob/and ſet thy fete therein/as hote as ye can ſuffre it/and lay one
the bagges vnder you/and ſitte thereon/and laye the other vpon youre ſt
mache/retchynge downe tyll youre priuye membres:but looke ye bathe n
to hote.

Floures cauſyng to ſvveat.

These floures cauſe ſweatinge alſo: The floures of Almondes/Che
Violets/Langedbeff/Whyte poppy/Whyte lyllyes/Benes/Cocles/gre
Malowes/or Holy hockes/Filbertes/Blewlyllyes/or Appels. Of theſe flo
res maye ye ſeth ſome in water/to make a ſweatinge bath/ or els ſeth the
in a bagge/and preſſe it well oute/and laye it as hote vpon youre body as
can ſuffre it/and tye an other bagge aboute thy fete/for that ſhall cauſe y
to ſweate ſo muche the ſoner and wythoute hurte.

Svveatig herbes hote of cóplexió.

These herbes folowynge are of warme complexion/and cauſe him th
is colde of complexion to ſweate lightely:Take Penyreal/Lauender flo
res/Muſtarde floures/Couſloppes/Sauge/Mugwort/the floures of E
campane/the leaues of Lorel or Baye / Selandine or the floures of wa
Fitches:all theſe/or part of them may ye ſeth in half water halfe wyne/a
mayeſt prouoke ſweat therewyth/as is ſayde.

Herbes cauſinge to ſvveat lightely.

These herbes cauſe to ſweate lyghtely:Malowes/Holyhockes/Bran
kurſine/Houndes tonge/the rotes of whyte lillies/ Longeworte growyn
by Okentrees/Louage/Pelitory of the wall/Millefoyle/the herbe of Vi
lettes/Lettis and the floures of Hathorne.

To ſvveat eaſely.

Thys folowyng cauſeth to ſweat eaſely/nother nedeth a man to be c
uered therefore the more:Take the leaues and floures of Elder tre/the le
ues of Lilies/of eche two hand ful/put the ſame vnder the patientes ſhite
and let hym lye vpon hys back vpon the herbes/if he fall a ſlepe there on/
ſhall ſweate.

An ointmente to cauſe to ſvveate.

Thys folowyng cauſeth to ſweate alſo:Seth Nettels in oyle of nute
anoynt hym well therewyth at night/that it maye ſtrike in through yͤ ſki
and after hys ſlepe toward the morning ſhal he fal in a ſweate. Alſo if a m
taketh Rue or herbe grace/Salt and vinegre/and rub the patients han
inwardly/and the ſoles of his fete/whan he will go to bed/in the mornin
after his ſlepe ſhall he fall to ſweatinge.

Thys alſo cauſeth to ſweate:Take a white and harde dogges doung
braye and ſyft the ſame through a cloth/of that take as muche as a Filbert
ſhell can conteyne / putte to the ſame as muche Otemeel as two egges c
holde/and a diſh full of Vinegre/and foure tymes as much water: make
thys a thynne broth/and geue it the patient to ſuppe to bedwarde / and
ſhall ſweat continently:and that ſweating is ſouerayne good for them th
haue feruent heate/as in a peſtilence or feruent ague.

A bath to make fruitfull.

If ye will make a good naturall bath/that chafeth and warmeth wel
and warmeth alſo baren women/that they become fruytefull: Take th
quartes of the rootes of Sloes/or ſixe good handfulles/cut them ſmal/an

ſet

eth them vntill the water wareth reade: put thereto a pounde of Alume/ and halfe a pounde of Brimſtone beaten to pouder/ but lette theſe be put or tyed in a cloth.

Ye muſt knowe alſo/ that if a woman were ſore colde/ then take twyſe as manye rootes/ nether muſt anye other water be putte thereto/ then the ſame that is ſodden wyth the thre forſayde thynges. It is good alſo to put thre hande full of ſalte into the kettel where they are boyled. And ſhe muſte beware of takinge colde/ and vſe meates that warme.

If the man be colde of complexion/ then muſte he bath therein alſo/ for the woman becommeth ſo muche the more fruytefull: for when a man batheth wyth a baren woman/ they ware ſo muche the more abler/ and ſhe the more fruytefull. It were good to take the foreſayde rootes of Sylors/ as muche grene flaxe wyth the rootes chapped ſmall/ and bounde together in a bagge/ and than laye that bagge behynde vpon the womannis backe/ as warme as ſhe can ſuffre it: and whan the bagge wareth colde/ to warme it agayne in the forſayde water/ and laye it agayne to hyr bodye in the bath. Thys muſte be done ofte/ for there wyth is hyr matrice or mother chafed/ and made apte to conceyne and be fruytefull.

## ¶ Howe a man maye be reſtored agayne that hath loſt hys ſtrength by ſyckneſſe.

IF a man were become verye weake and feable by reaſon of a longe ſyckneſſe/ euen that he ſemeth to be conſumed/ nether can recouer/ then take twentye olde cockes/ dreſſe and dighte them as though they ſhoulde be eaten/ ſeth them in the thyrde parte of a tonne of water/ ſtampe them in a morter/ ſo that the bones be al to bruſed and make a bath therewyth/ and let hym bathe therein. When he hath bathed inough/ laye him to bed/ and reſte.

A reſtoringe of mans naturall ſtrength

Or els bath hym in Ferne or brake/ for that reſtoreth ẏ ſenowes to their former ſtrength and comforteth the patient. The Ferne ought to be chapped ſmall/ and put into a bagge/ and to a meane baſket ful/ muſt ye take the thyrde parte of a tonne of water.

Thys bath folowynge is good for them that haue ben longe ſycke/ or whoſe mary in the bones is corrupt/ or els their bloode in the veynes is corrupt and become noughte/ by reaſon of colde: for it is a ſtronge bath/ and is the bath of Maiſter William of Wallis.

Another reſtorīg bath.

Take Sauge/ Rue/ Wormwoode/ Betonye/ Reed mynte/ the rootes of Nettels/ wylde Mergerum/ Mugworte/ the herbe of Strawberyes/ the ſede of Nettels/ Louage/ Iuniper/ whereon are manye beryes or cornes/ of eche a hande full. Chappe all theſe ſmall/ and put them in two bagges/ put to them halfe a pound of Bayeberyes/ and a pounde of beaten Brimſtone/ parte them (I ſaye) into two bagges/ and ſeth them well in water/ as muche as is conuenient/ and bath thre dayes therein/ nether putte anye more water thereto/ and bath in the morninge faſtynge/ ſo longe as ye can endure it. After that ſeth the other bagge

alſo/

*Of the homiſh apothecary or homely phyſick booke .*

alſo / and do as before : theſame ſtrengtheth the lymmes/and geueth them force.

## A good drinke that ſtrengtheth the hart and all the membres / if a man drinke halfe an egges ſhale full in the morninge and eueninge / wyth as muche good wyne.

A drinke to ſtrengthen a man.

Take the beſte Aqua vite that ye can gette/ take alſo a pece of fyne golde / make it gloynge whote ix.tymes/and quenche it agayne/ the more ye quenche it / the ſtronger wareth the water and better/put into theſame Aqua vite half a quarter of an vnce of ſaffrõ/ and a quarter of an vnce of Cinamon both beaten/let them ſtand four dayes well ſtopped/and ſteare it euery daye ones/but when thou wilt take it/ then let it ſtande ſtill vnſtered/that it maye be clere. Thys water warmeth the colde ſtomacke / geueth ſtrength to all the membres/ſpecialiye to aged folke/that haue ben ouerlonge ſycke/whoſe ſtrength is conſumed: for it cõforteth and ſtrengtheth the hart out of meaſur.

## Another drinke comfortinge the body and purginge.

A drinke cõfortīg the body

Take two vnces of Aqua vite / niſynge pouder a quarter of an vnce/let them ſtande fourten dayes. After that preſſe it out through a fylte/ and take therof euermore faſtinge a quarter of an vnce wyth an vnce of wine.

But if ye will refreſhe the body/then take a quarter of an vnce of iera picra/and laye it in Aqua vite as before/and drinke thereof faſting thre droppes/and take a litle in your hande/and put and rubbe it into your noſe/and drawe the ſent ther of vp into your heade. The water of Bugloſſe dronken/ is good for them that be ſycke at the harte/or els the water ſtilled wyth an olde henne/theſame geue him to drinke that hath lyen long ſycke/ and is feble: for it geueth hym good ſtrength/and it muſt be taken in the mornynge and eueninge.

These meates ſtrengthen well the forſayde diſeaſed/namely/ Hartes fete/Does fete/Bulles fete/or any ruder beaſtes fete. The elder theſe beaſtes be/the more do they ſtrengthen/and they muſt be ſodden ſo long/till the bones fall from the fleſhe/and ſtrowe beaten Saffron vpon them.

## Item a good bath and naturall/for it draweth furth euil heat/and ſtrengtheneth well.

A bath to dravv out euil heat and to ſtrengthen.

Take Heeth or Lynge/Penyreal/Wormwood/Sauge/Fenel / of eche a handfull/put it into a bagge/and laye it into a kettel that it maye be thorow hote. And whan ye bathe/than ſit vpon the bagge: howbeit ye nede not to put it agayne into the kettel/for the water ſhould waxe to ſtronge.

## A verye holſome confection to ſtrengthen a diſeaſed of the foreſayd ſycknesse.

Take the beſt Grapes that ye can get/putte them into a kettel/ſtampe them/and make wyne of them:ſeth that well aboute an houre/ſteare it/and ſtrayne it through a copper ſtrayner/after that ſtrayne it through a fyner ſtrayner/and ſeth it agayne/that it ware as thycke as a thycke pappe/and ſteare it tyll it be colde/cutte it than to ſmall peces/ and putte it into a pot that is glaſed/and then is it made redy. The ſtaler it is/the better is it/and maye be eaten what tyme a man will.

A confection to ſtrẽgthé.

Cowe mylcke and Rice ſodden together/ ſtrengtheneth verye well/or els a thycke potage made of grene Perſely and fleſhe/or els wyth Perſelye and a good Hennes broth:theſame ſtrengthen very well: Lykewyſe doth the mary of Hertes/Roes or rudder beaſtes/drawen out of the bones/ſodden and eaten.

Meates ſtrẽgtheninge.

If a man were wholy febled and abated/ and coulde take no maner of ſuſtenaunce/it were good for hym to drincke warme woman milke/or els to ſucke a woman/ſpeciallye in the morninge:theſame doth ſtrengthen and comforte the harte very ſore and all the membres/and cauſeth good blood: But if he could eate fleſhe dighted wyth the floures of Borage/that were a ſoueraygne thynge.

Another to ſtrengthen.

Or els take an olde Henne/let her be dreſſed as is conuenient/putte her into a pottel pot of tynne well cloſed or ſtopped/put a goblet of wyne thereto/and halfe a quarter of an vnce of beaten Saffron well beaten and ſteared wyth the wyne:ſette the pottel pot in a kettel wyth water/ and laye a ſtone or ſome weyghte vpon the pottel pottes lydde/and let it ſeth two houres continuallye. Then looke whether the henne be fallen a ſunder/for then is it inough:if not/lette it ſeth better. Thys ſauoureth very wel/and geueth great ſtrength. If the henne be litle/putte ſo muche the leſſe wyne and Saffron to it.

If anye man hath lyen long ſycke/whereby he is waxen colde/let hym take a hande full of Bugloſſe/and ſeth it well in a quarte of wyne/ſtrayne that iuyce through a cloth/ and drinke thereof in the morninge and eueninge: theſame geueth naturall warmth/ and comforteth the harte verye well.

He that hath hys legges colde by reaſon of longe ſyckneſſe or age/lette hym take halffe a buſhel of Otes/and ſeeth that well wyth two quartes of water/ and one quarte of wyne/ tyll it be halffe conſumed/ and ware browne in the kettel/ ſteare it well/ leſte it burne. Putte thys into a ſofte ſacke or pilow bier/halfe an elle longe and broade/and wrappe hys legges and fete therein/as warme as he can ſuffre it:do thys in the morninge and eueninge and none:of thys wyſe maye he be chafed agayne in thre dayes/and wythout daunger.

A Stouīg or bathīg of colde legges.

## ¶ Of all accidentes of the Lyuer.

Many diſeaſes come from the Lyuer/as Stopping/Rottinge/Inflammation/the Yalow iaundis/the Dropſy commeth alſo thereby/that the Lyuer can not digeſt/and that bloude that ſhe ſhould

Diſeaſes cauſed by the lyuer.

ſende into the membres/is turned to water:the membres are out of theyr frame/and haue no due operacion/by reaſon of the Lyuers diſeaſe/ that is/ that the veynes comminge from the lyuer to the ſtomacke/ do geue euell heate:Theſame heate dryeth or ſeereth the ſtomake/ſo that he getteth luſte to drinke colde water/and that cauſeth the ſtomake to digeſt euill/and cauſeth dropſey. For the luſt of colde water/ weakeneth the digeſtion wholye/ and the bloode that the lyuer ſhoulde ſende to the brines/ is mixte wyth cold water/by reaſon of the indigeſtion/and ſo is parted through out al the membres/and therof ſwelleth man/and getteth the dropſey.

Of the Splene.

Otherwyſe commeth thys diſeaſe of the Splene/that it can not digeſt the ſubſtaunce/ whyche the Lyuer hath miniſtred and ſent to hym/ and that is Colera nigra: theſame bloode dothe mixe it ſelfe farther into the other membres/and therof ſwelleth a man.

Of the kidneys.

Somtyme is it occaſyoned of the kydneys/ or that a man bledth to muche at the noſe/or ſomtyme that a man is to muche bounde in hys bellye/ and can haue no ſeges.

Somtyme of ſuperfluous bloode/whyche lyeth hardened and vndigeſted in the lyuer/ theſame doth mixe it ſelfe into all the membres/ and cauſeth them to ſwell.

Remedy for the lyuer.

He that is diſeaſed in the Lyuer/helpe hym of thys wyſe: Let hym beware of all meates chafynge or whote of complexion:for chafynge meates to ſcaulde the lyuer/ and bringe it oute of hys complexion. Wherefore it is requiſyte to ſet the Lyuer agayne into hys former digeſtiue power/ wyth medicines competente to it: that is/ that ſhe be purged of Colera/ Blood/ and black Colera. It is reaſon and requiſyte in all diſeaſes/ to mollifye the diſeaſe/wyth thys ſyrop or confection/before a purgation be miniſtred to hym.

A confection to mollifye diſeaſes.

Take the rootes of Fenel/ Percelye/ of eche a handfull: the herbe and rootes of Walworte and Valeriane/of eche an vnce:the ſedes of Fenel and Anis of eche halfe an vnce:water two or thre quartes. Bruiſe the rootes/ and let them all ſtande ſtypinge a nyghte/ and geue the pacient to drincke there of in the mornynge and euenynge/at euerye tyme thre vnces/ mixte wyth water of the floures of Eldren or Boure tre/ and after that purge hym wyth Dia prunis laxatiuo/an vnce at ones/ and that ſhoulde be miniſtred to hym after hys fyrſte ſlepe/and he maye ſlepe ſafely there vpon.

Item to purge one eaſely/wythout daunger/ that hath a hoate diſeaſe/ in a chafed Lyuer of a whote ague or other diſeaſe/ geue hym in the mornynge halfe an vnce of Electuarium de ſucco roſarum/ thre quarters of an vnce Caſſie fiſtule extracte/water of Endiue/ the water of Colander or Maydens heyre/of eche an vnce and an halfe:mixe them together/ and geue hym it in the mornynge/but he maye not ſlepe there vpon.

Geue hym for a confortatiue Diarrhodon abbatis.

Walwort dronken refrayneth the wateriſh moyſture in the bellye.

Nothynge is better in the worlde for the Dropſye/ then to drincke the iuyce of Blewlillies rootes an vnce or an halfe/wyth two vnces of whay: or els the roote ſodden wyth wyne/ and droncke in the euenynge and mornynge/theſame enlargeth the breſt/and taketh awaye fetching of the breth wyth payne/wherwyth they that haue the dropſy/are payned.

## ¶ Of the yalow iaundis.

Of the yalovve Iaundis and the cauſes thereof.

ICtericia is the yalow Iaundis/and alteracion of ẏ naturall color of the ſkinne into a yalow colour. Theſame commeth ſomtyme from the Lyuer/ ſomtyme from the Galle/ ſomtyme from the Splene. The iaundis commynge from the Lyuer/is cauſed two wayes: ether by miſtemperatneſſe of heate/or by ſtoppynge in the lyuer. The iaundis cauſed by miſtemperaunce of heate/is of two ſortes: ſomtyme wyth apoſtemacion/ ſomtyme wythoute apoſtemacion. But if the iaundis commeth by a wayſting wyth apoſtemacion/then are the ſignes in a man ſtrengthynge/ trembling and a payne in the ryghte ſyde/ a conſumpcion of the whole bodye/ and miniſhynge of the ſtrengthe and the digeſtion/ the water is as reade as bloode.

The iaundis wythoute apoſtemacion hath no conſumpcion/ ſtreyngthynge/nor tremblynge/ and they haue alſo the commune token of yalownesse in theyr eyes/the face yalowe/pale or grene/ the water reade and bloodye.

Fyrſte ought medicine to be geuen for the apoſtemacion/ if the iaundis is wyth an apoſtemacion/that it be fyrſte taken awaye/after that ſhalbe taken awaye the wayſtinge comming by the heate.

## ¶ A true medicine for the Iaundis.

TAke a handfull of Cherye leaues/ ſeeth them in a pinte of milcke/that it boyle well/ſtrayne it/and drincke a good draught thereof to beddewarde and in the mornynge faſtynge/and the iaundis ſhall auoyde from you by ſiege. Or els drinke in the morninge and euenyng thys folowyng: Take the wood of Berberis/ pyll the vpper ſhell wyth the leaues from it/ and take the ſeconde ſhell that is yelowe:putte thereof as muche as a walnut in a cloth/and ſeth it wyth a pinte of water/that it be well boyled/ and let it coole/and then drinke it. This hath ben experimented/put thereof alſo in thy drinke.

## ¶ Agaynſte the deſperate iaundis.

TAke two handfull of the roote of blewe Lilies/cutte them ſmall/and ſeeth them in thre quartes of water foure houres longe: and when he will go to bed/wett a fyne ſhete therein/that it be well wett/folde it together/and wynde it all ouer and ouer the pacientes body/euen the head alſo/when he goeth to bed. If he ſweate/ then draweth the iaundis into the ſhete/ and wareth yalowe.

Hym that the yalow iaundis taketh/is wel perceyued by hys eyes/ handes/ſoles of the fete/and the yalow colour of the whole body.

## ¶ Agaynſt the iaundis that is rooted.

Take Celidony both the herbe and roote/chappe it ſmal/and when ye haue a pottel thereof/ſeeth it in water/ and let it be well coue-red / that no vapor maye go oute / and make therewyth a ſweatynge bath/and if ye ſweate well/the iaundis ſhall auoyde by it.

## ¶ Another true and hurtleſſe ſcience for the iaundis.

Take the ſede of Ancolie or Acolie beaten to pouder/a quarter of an vnce/put thereto beaten ſaffron a peny weyght/ and an vnce of vinegre/ and two vnces of water of Celidony / ſteare them well together: the ſame ſhoulde be dronken faſtynge or to bedwarde/and drinke not after it. The ſame dryueth out the iaundis by the vrine harmeleſſe. In the mornynge draughte putte ſuger/that maketh it good. It maye alſo be mixte wyth as muche Southiſteen water/as maye be droncke at ones: or take the floure of Cichore and rootes/and ſeth them in half wyne/halfe water/and drinke therof faſtynge/and at euen.

## ¶ Yet another medicine for the iaundis that is rooted/or els hath infect the eyes and ſkinne.

Take the herbe of koles/burne it to aſhes / and of them make a lye/and waſh thy therewyth: wet alſo a cloth therein/and winde it warme about thy heade to bedwarde: do this eight dayes continually/ and the iaundis ſhalbe drawen into the cloth through the heade.

## ¶ Another true medicine for the iaundis.

Beat the carnels of Peaches ſmall / put vinegre thereto/ ſo muche that it ware a thynne broth/drinke that what tyme ye will/ ⁊ ſpecially faſting/or to bedwarde/ but ye maye not drinke after it: that breaketh the iaundis/lykewyſe do the carnels of wild Almondes.

Iaundis vvith coſtifneſſe.

If one had the iaundis/and were ſo bounde in hys belly/ that he coulde haue no ſieges/ then make hym thys ſolutyue. Marke whether he haue a heate / then geue hym to bedwarde halfe an vnce of Viol ſyrop/wyth as muche colde water/and geue hym in the mornynge halfe an vnce of Electuarium de ſucco roſarum/ tempered wyth a warme Hennes broth/or a broth of Calues fleſhe/or els a broth of whyte Peaſen/and let him drinke a good draught after that.

But if the heate nor bitterneſſe wold go awaye/ then geue hym faſting a quarter of an vnce of Rebarbara/wyth an vnce and an halfe of water of Moulberryes/and the next daye let hym blood in the Lyuer veyne/ and let hym be ware of all meates that warme. Geue hym ſomtyme warme water into hys mouth/to waſhe it there wyth/and afterward cold water/ to conſtre it: do thys in the morninge/and let hym weſh his handes lykewyſe. Or els let him drincke diſtilled water of Hertes tounge/or the herbe ſodden in water.

water/theſame is good dronken agaynſt the iaundes/for the heat of the lyuer.Or els take the pouder of Ancolye ſede/and beaten ſaffron/ of eche a peny weight/and halfe an egges ſhale full of wyne/and as much water/ and as muche vinegre:mixe theſe v.together/and drinke that to bedward/ and in the morning faſtinge:thys helpeth very well/and is experimented.

## ¶ A good pouder for the iaundis.

TAke the ſkinne of a Hennes mawe/waſhe it fayre wyth wyne/drye it/ and make it to pouder.And when thou wilt ryſe from the borde or ſupper/then ſuppe a pece of bread in wyne/and put of that pouder theron / and eate it to bedwarde/and in the morninge faſting:thys is a ſouerayne thing for the iaundis in the ſtomak.

A pouder for the iaundis.

Or els take earth wormes ſo much as halfe a walnutt/cut them ſmall/ and braye them wyth a litle wine or water/ſo that ye may ſwalow it: drinke the ſame faſting/and hold a ſlyce of bread toſted with ſalt warme before thy mouth/and drinke Endiue water therevpon:mixe wine alſo and water of Endiue together/and drinke that to bedward.

He that hath the iaundis vpon the tonge/or that his toung were drye or hote/let him take Pſyllium/that is to ſaye Fleewort/as great as a Filbert/ let him put it in a fyne cloth/and laye it in warme water thre houres long: after that let him ſtrake hys tounge therwyth otherwhyles / theſame draweth out the euill heate/cooleth the tounge / and taketh awaye the bitterneſſe. Lykewyſe doth Sauge layde in colde water/and layeth alwaye a freſhe leafe thereof on it.A Plantayne leafe layd in colde water/and ſo laid wett vpon the tounge/do lykewyſe:for it cooleth the mouth/ and taketh awaye the bitterneſſe. But if it were winter/and ye could not haue the herbes:then take litle flynte ſtones/laye them in water/and do as is ſayde before.

He that hath the iaundis ſo feruently and ſore/that he can nether tayſte nor drinke wyne or good drinke:let theſame drinke Barley water at all tymes/for that alayeth the heate of the iaundis and gall/and nouriſheth wel. And if he can eate no meate/yet let him eate a pappe of Barly ſodden wyth water and butter/and let hym vſe that/vntill he can eate other meate: and let hym drinke alſo water of Lillies/or Iſop/or Bugloſſe.

There is an herbe called Herbe of iaundis/it is ſo right grene as graſſe/ and hath a longe ſtalke/and longe leaues/faſhioned lyke Eſula/ſaue that it hath no milcke/ as Eſula doth.Of thys herbe take a hand full/and a quart of water/ſeth them well:of thys water let the patient drink in the morning and eueninge/and temper hys drinke therewyth:theſame breaketh and driueth awaye the iaundis ſore wythout greſe/ſo that it is perceyued in the vrine.Or els take the ſede of Ancolye or Accolye the weight of twinty wheaten cornes/mixt wyth two egges ſhales full wyne/drinke theſame faſtinge in the morninge/and as muche to bedwarde : theſame driueth the iaundis ſtrayghtwaye from you in the vrine.

If the iaundis were rotted in a man/and had therewyth heat/ thyrſte & a ſtiche/then take his ſhyrte or ſmoke/and wett it in his oune vrine or cham berlye/wꝛinge it well out/put it on hym agayne/laye him agayne to bedde/ and couer him warme:then dꝛaweth the iaundis out into his ſhyꝛt oꝛ ſmoke/and his ſkin and ſmoke ſhalbe as yelowe as a quenche:and this muſt he do thꝛyſe.Thys maye be done alſo/if the lyuer were inflamed.

It is good alſo foꝛ the iaundis/to ſtrake the weaſt of the handes verye well wyth warme wyne/in the moꝛning/at none, and eueninge: foꝛ it dꝛaweth the iaundis from the ſtomake.

## ¶ Of the diſeaſes of the Lyuer.

### ¶ Of inflamacion of the Liuer.

Inflãmaciõ of the lyuer.

SOmtyme is the Lyuer diſeaſed of hys oune faute oꝛ vice: ſomtyme alſo by other membꝛes. When it is diſeaſed of it ſelfe/that is ſomtyme of heat oꝛ colde/ſomtyme of ſuperfluous moyſture/oꝛ els of dꝛyeneſſe oꝛ dꝛoughte/ where of the lyuer and bladder get great hurte. When it is ſo diſeaſed/then let the patiente at the lyuer veyne in the arme:oꝛ els lette hym bloode in the ſmall toe of the ryghte foote. But if he hath eaten/then lette hym blood by the litle finger vpon the hande/and geue hym to dꝛinke barley water. Let hym eate no fleſhe/noꝛ chafynge oꝛ inflamynge meate/no ſalte meate/ none olde baken bꝛeade/no egges/noꝛ none vndigeſtible meates.

### ¶ A good pouder foꝛ the hote lyuer/hote ſtomake and foꝛ the hote ague.

A pouder for invvarde heate.

TAke fyue vnces of beaten oꝛ grounde barlye/ mixte wyth Endiue water/put thereto an vnce and an halfe beaten Coꝛiander/ ſtiped befoꝛe in Vinegre/and a quarter of an vnce of Anis ſede beaten/ foure vnces of ſuger:the ſame muſt be eaten wyth bꝛeade / dipped in wyne in the moꝛninge faſtinge/after meate/and to bedwarde:it cauſeth alſo an appetite.

Ye maye geue him alſo confect of Cheries in the moꝛninge/ and let him faſt thereon ſixe houres.Geue hun Soꝛel iuyce to dꝛincke/theſame cooleth/ and alayeth the heat of the lyuer and thyꝛſte/ oꝛ els geue hym water diſtelled of Soꝛell/theſame cooleth and alayeth the thyꝛſte wythoute daunger.

### ¶ When the Lyuer is inflamed.

Inflãmaciõ of the liuer and the remedy therof.

When the lyuer is inflammed / take Oken leaues/make thereof ſquare pyllous / as greate as a heade / and laye one to the ryghte ſyde:and when theſame wareth hote/take it awaye / and laye an other that is freſhe thereon.Thys maye ye do day and nyght/and that dꝛaweth the euell heate out/cooleth the lyuer naturally. Oꝛ els wett a cannefas in Endiue water/wꝛinge it out/and laye it vpon the lyuer. Eate alſo the Lyuerwoꝛte that groweth in moyſtye mariſhes oꝛ ſtandinge waters/ and dꝛincke of it. Ye muſte beware of anger and ſoꝛowe/ and when ye will eate or take of refection/then rubbe youre tounge and tethe/ and after that waſhe them well wyth cold water. In the mornynge/ none and euenynge ſet youre fete in warme water and warme them therein: after that put them ſodenly in colde water/and then laye you doune with the ſoles of your fete vncouered/for then draweth the euill heate after the cold/ and comforteth you.

He that hath a diſeaſed lyuer of a colde complexion can eate muche better/then he that is diſeaſed of a warme complexion/⁊ yet can not he digeſte it.He hath greate ſtiches in hys ryght ſyde/and hys face chaungeth ſore:his lippes and tounges waxe whyte/and he waxeth pale vnder hys eyen / hys blood miniſheth/his vrine is pale/clere or whyte/and a litle ſcomminge. It is good to purge theſame wyth Rebarbara/and to anoynte hys lyuer with oyle of Nardus/and oyle of Dyll/of lyke quantitie. Or els geue hym to eat rayſins/and ſuche meates as chafe hym:but let hym beware of ſwete meates/for they hurt the lyuer and ſplene.Sette hys fete alſo in warme water/ wherein Camomille is ſodden/ let him warme them well therein/and beware for takinge colde:for that doth hurte.

Marke thys.

Wormwoode in meate cõforteth and warmeth the ſtomake and liuer/ and cauſeth luſt to eat/it healeth alſo the ſtoppinge of the liuer/as in the yalowe iaundis and dropſye. For thys vſe maye ye drye it/make it to pouder/ and eate thereof in the morning/at none and at eueninge/at euery tyme ſo muche as a cheſt nutt.Lette hym eate Rice potage / and Ciche peaſen ſodden/that the huſke be taken awaye. Lette hym alſo eate the broth of a pollet/wherein whyte breade is ſtiped.

Somtime is the liuer diſeaſed of ouermuch moyſtnes/theſame doth his Splene ſwel/⁊ his vrine waxeth as whyte and clere as water/he hath alſo payne in hys loynes/and ſpecially in the left ſyde:he is not a thyrſt/he is heuy minded/his ſtomake wambleth by reaſon of ſtopping of hys lyuer.

Liuer diſeaſed of ouermuch moiſtneſſe and the tokẽs of it.

Somtyme is the lyuer ſtopped by reaſon of drye blood/whyche can not flowe nor haue courſe through the other veynes/as it ſhould do : becauſe of hys groſneſſe and thyckneſſe.

It is ſtopped alſo by other humore / that are groſſe and ſlymye/of the whych it hath gotten theyr nature and qualitye.

Somtyme is the lyuer ſtopped by reaſon any member hath not his due courſe/ becauſe it is cut of or mamed/⁊ the bloode paſſinge through theſame from the lyuer/is ſtopped/and ſo remayneth it in the lyuer.Thoſe that be ſo diſeaſed/ought ye to purge wyth pilles of Iera picra/and let him blood in ẏ liuer veyne in the arme:and after eight dayes/vpon ẏ right hande betwene the litle finger and the nexte/and geue him to eat meates that coole/⁊ drinke ſmall drinkes.He ought alſo at the fyrſt to be let blood in the Median in the arme/and geue him to eate ſuger of Roſes.

## ¶ Somtyme is the lyuer of a woman ſtopped/when hyr floures drawe vpwarde / before it is due ſeaſon.

She that is in ſuche a caſe/that hyr liuer is ſtopped/becauſe hyr floures are ſtayed before tyme conueniente/ theſame oughte to be lette blood continently at both the fete/and to purge her all maner of wayes/ as it pertéyneth women/whoſe floures are ſtopped/as it is ſhewed hereafter. Geue hyr pilles of iera picra/the fyrſt night thre/the ſeconde night fyue / the thyrde night ſeuen: this is the beſt recept for them/for they purge hyr well. And thys ſhoulde be miniſtred to them furthwyth: for if it be delayed / then is it greuous to ayde them/whych neuertheleſſe is eaſye at the fyrſte.

## ¶ Of Apoſtemation of the Liuer.

Apoſte- matiō of the liuer

Somtyme groweth an apoſteme in the Lyuer/by reaſon a man is fallen/beaten or ſtriken vpon it: ſomtime becauſe a moyſture is gathered in it: ſomtyme of an euill heate/ that is gathered in the ſtomake of vndigeſted meates.

The diſeaſes or apoſtemes of the liuer/are ſomtyme vpon it/and then riſeth a ſwellinge vpon the lyuer. But when the apoſtemacion is vnder the lyuer/then getteth a man great payne in the ryght ſyde: and thys is farther knowen thereby/that whan he eateth/he wareth cold/ or els when he draweth hys breth/that doth greue hym betwene the ſhulders and liuer.

If the apoſtemacion commeth of heate / then hath the patiente a ſore ague and great thyrſte/and his tounge is at the fyrſt reade/ and afterwarde black: and it that goeth from hym is fyrſt Colera/and becommeth grene after that.

## ¶ A good drinke for the Lyuer/howſoeuer ſhe is diſeaſed.

Cure of the liuer vvith drīkes and other- vvyſe.

Take foure rootes of Cicory/but if they are greate/take but twayn/ waſhe them clene/cut of the herbe/ſeth them in a quarte of water/ vntyll the thyrde part be ſodden in/or a litle leſſe. Let the ſame water coole/and drinke it faſtinge/howſoeuer ye will: yet not to muche at ones: theſame doth purge the lyuer/and healeth alſo.

But if the diſeaſe is vnder the lyuer/then geue him alſo pilles of Iera picra/and take hede/leſt the apoſtemacion waxe harde. If it wareth to hard/ it can be remedyed wyth no medicine/for the dropſey foloweth it. Yet are ſome thynges/where wyth it maye be holpen/that are/Liuer wort and the iuyce of Smalage/ſodden in wyne or water/if he hath no greate heate. If the apoſtemacion is comme of heate/ then geue hym to drincke the iuyce of Fenel/the iuyce of Smalage/oyle of Almondes wyth Orizacara. If the apoſtemacion is come of a fall or bruſynge/then geue the patient a quarter of an vnce of Rebarbara wyth milke.

He that hath is lyuer fauty or vnclene/let hym take Santali wood/Endiue water and Cheruel water of eche an vnce and an halfe/mixe them together/and parte it in thre portions/and drinke therof thre morninges faſtinge / at eche tyme one portion/and he ſhalbe whole/and it is experimented and proued.

## ¶ Of diſeaſes of the Lyghtes or Lunges.

OF euill and coꝛrupt ayer/that a man hath dꝛawen into him/ come diſeaſes into the Lightes/and be ſo feruent/ that a man dyeth thereof. Foꝛ the lunge oꝛ lightes lyeth vpon the harte/and geueth ayer to the harte: and when the coꝛrupt oꝛ venemous ayer commeth to the harte/ it infecteth it/and cauſeth otherwhyles the death of a man.

Diſeaſes of the lyghtes or lunges.

Somtymes alſo foꝛtuneth a man to haue an apoſteme in the lightes/ whereof is cauſed another to diſeaſe/called Aſthma/whẽ the bꝛeth is ſhoꝛt/ ⁊ that by reaſon the condutes of the lightes are ſtopped. Somtyme alſo getteth a man a diſeaſe in his lightes oꝛ poulme/that he is coſtumed to eat vnnaturall and vnkinde meates/as fruytes/ſoure and ſalt meates.

Aſthma.

Such diſeaſed muſt be kept from all meates/that are not good of digeſtion/and from ſoure oꝛ ſalt meates. Alſo from al maner of fruyte/excepte rayſynes and plummes:foꝛ they coole and loſe the belly. Let him abſteyne from Pigeons oꝛ Doues/and from all maner of foule that dwelleth in waters:foꝛ they are euill of digeſtion.

Foꝛ the diſeaſe of the poulmon oꝛ lyghtes/make thys playſter: Take the croume of whyte bꝛead thꝛe vnces / Terpentine two vnces/ Aniſe two vnces/Cumine thꝛe vnces/Hony foure vnces: all theſe ſeth in whyte wyne/⁊ let them ſeth/vntill the wyne is neare hand ſodden awaye:make a playſter hereof/and laye it vpon his poulmon/as warme as he can ſuffre it/ and the payne ſhalbe ſwaged. Theſame playſter is good alſo layde vpon other greſes/and it is good alſo foꝛ the bꝛeth.

A playſter for diſeaſes of the lightes.

If the diſeaſe of the lyghtes were come vpon one of a ſtinkinge oꝛ venemous ayer/then muſt ye geue him within thꝛe dayes a purgation/namelye thꝛe moꝛninges the one after the other a penyweyght of fyne Tyꝛiakle in a dꝛaught of warme wyne. After yͤ anoynte him wyth thys ſalue: Take Terpentine/Aqua vite/of ech an vnce/Dialthea thꝛe quarters of an vnce: mixe theſe together/and ſtrake it vpon his bꝛeſt. He that hath this diſeaſe/it is neceſſary that he be continently holpen/foꝛ he might lightely dye of the infection. Thys dꝛinke folowyng is a ſpeciall medicine foꝛ hym euery moꝛninge and euenynge taken two vnces. Take Licoꝛis an vnce and an halfe / Bꝛake of the wall an vnce/the middeſt pyll oꝛ ſhell of Ground pyne called in Latine Chamepitis thꝛe quarters of an vnce/Figges/Rayſins/ ſede of Malowes/of eche thꝛe quarters of an vnce/ Mayden heyꝛe/Iſope of eche a handful/Barly an vnce/water a pottel: Bꝛaye them that are to be bꝛayed/ ⁊ ſeth them with the water/that the water be ſodden awaye two finger bꝛedth/ then let it ſtand ſo al night/and in the morninge ſtrayne it/ and then dꝛinke therof as is ſayde befoꝛe.

A drinke for the infect poulmon or lyghtes.

Item they yͭ conſume ſoꝛe/whoſe eyes ware depe in their heades/ they cough much/and haue payne in the left ſyde/and about the bꝛeſt/them may ye helpe of this wyſe: Geue them Diapenidion oꝛ Diagragantum/ ⁊ make them thys dꝛinke: Take thꝛe vnces of Licoꝛiſe/Anis ſede/and Iſope/of eche a handfull/ſeth theſe all in a quarte of water/ſtrayne it thꝛough a cloth/and put thereto at the leſt halfe an vnce/oꝛ thꝛe quarters of an vnce of Suger. Marke alſo whether they haue any heate/foꝛ then geue them mylk to dꝛinke. Make them alſo ſuppoſitoꝛies of honye and ſalte. If they cough ⁊ theyꝛ blood be euill/then let them bloode vpon the hande oꝛ in the arme.

For a cõſumpciõ

Theyr meates maye be hogges fete/chykins/motton/newe baken breade/ and ſtale drinkes.

Item when a man can not well drawe hys breth/ then help him of this wyſe: Take Syropum de Sticados foure vnces/ Syropum de Calamenta/and Syropum de Hyſſopo/of eche two vnces/mixe them together and vſe it.

## ¶ A good barlye water for all diſeaſes of the Poulmon or Lyghtes.

A ſpecial barlyvvater for many diſeaſes.

Take halfe a pounde of fayre Barly/a galon of water/ halfe an vnce of Licoriſe/Fenel ſede/Violettes/Perſely ſede/of eche a quarter of an vnce/Read roſes a quarter of an vnce / drye Iſop/ and Sauge of eche a penyweyghte/ſyxe leaues of Hartes tounge/ a quarter of an vnce of Figges or Rayſins: ſeeth all theſe in a newe potte/ that the water be ſodden awaye two finger bredth/and ſette the potte in colde water/ and then ſtrayne the clere from it/and drincke it. Theſame cooleth the lyuer and all the membres/driueth awaye all euill heate/ſlaketh thyrſte/ cauſeth to caſte out muche/purgeth the lightes/the ſpleine and the kidneys/the bladder/and cauſeth to make well water/& is ſpecially good for all agues/ that come of heate.

## ¶ Howe to helpe a man that hath a diſeaſe or a ſtiche in hys ſyde/or an euell ſplene/ or an apoſteme wyth in vpon hys rybbes.

Payne or ſtiche in the ſyde and the tokens of it.

Payne in the ſyde commeth of euill ſtinkinge moyſtneſſe/whych cauſeth an impoſteme in the left ſyde vpon the ribbes. If the apoſteme commeth vpon the ribbes/then dyeth a man lyghtely wythin thre dayes of the ſtenche of the apoſteme/ſtrikinge to the harte / wythout a ſpedy remedy be ſought. Fyrſt ought he to be well letten blood in the Median in the right arme: and if the apoſteme is in the ryght ſyde / thē ought he to be letten bloode in the left arme. And before all is it to be knowen ſayeth Galen/ whereby the apoſteme is occaſioned/afore ye miniſtre ought to hym/and alſo in whych ſyde the diſeaſe is. If it is in the ryght ſyde/ then commeth it of the lyuer: If it is in the left ſyde/then cometh it of the ſplene: and therfore haue Hipocrates and Auicenna ſayd/that he that hath this diſeaſe/ſhoulde be letten blood in great quantitye/after that hys ſtrength is.

If the diſeaſe is in the left ſyde/than doth hys harte ſhake and beat/and hath great payne in hys left ſyde/ handes and fete are colde/ payne in the reynes/ſtrong and feruent agues/ and great ſtichynge when the ague commeth vpon hym: the diſeaſe is come of Flegma and black Colera.

But if the diſeaſe is in the right ſyde/then commeth it of the lyuer and of ſuperfluous bloode/and therefore is it requiſite to miniſhe a greate deale of the patientes blood at the begynnynge/after that he hath ſtrength. And he that hath thys diſeaſe/the ſame hath febres acutas/and great payne in the forheade/and all his membres do ake. He hath alſo in hys ſlepe many imaginaginacions and dreames/ and thyrſteth: all ſwete meates are contrarye to hym/and liſteth after ſoure meates and eger/he hath alſo great heate in the lyuer. His face and eyes alſo are reade/hys noſe continuallye ſharpe and ſeere or drye:the ſecond daye after that the diſeaſe leaueth hym/than chaungeth hys face/and the nayles of hys fingers become whyte. Theſe foreſayde tokens are not good/for they ſignifye the death of the patiente wythin thre dayes. If the patient in the beginning of thys diſeaſe doth liſt to drinke wine/then ought the Phyſicion to beware how to counſel hym.

When a man hath a ſtich in hys ſyde/then geue hym to drynke water of Morſus diaboli/(that is an herbe/whoſe roote is as it were bitten of)ether diſtilled or ſodden. Lykewiſe alſo doth Saffron dronke. Or els take hony & milke of a Cowe of eche halfe a pinte/let thē be wel warmed together/ wet a linnen cloth of halfe an elle longe and broade therein/and laye it ſo warm thereupon/and the ſtiche will ſtraygth waye be alayed.

Howbeit I haue alwaye put thereto wheaten meel thre quarters of an unce/and two penny weyght of beaten ſaffron/ſtraked upon the cloth/ and layd warme upon it lyke a playſter. But in ſommer did I laye the leaues of whyte Horehunde/chapped ſmall/and put in a bagge/ſodden in milke/ preſſed out/and layed warme upon the ſyde/theſame ſwaged it. I haue ſomtyme alſo uſed it ſeere.

Or els take a fyne lynnen cloth/and folde it ſo/that it be a ſpanne long/ wet it in the pacients brine/whyle ſhe is yet warme/preſſe it oute a litle for droppinge/and laye it where the ſtiche is. And when it is drye/then wett it agayne therein:theſame draweth the humours oute/ and alayeth the ſtiche furth wyth. Though thys ſcience doth not ſo wholye ayde/yet doth it not hurte/though it were a woman in chyldes bedde. Or els take a colde flinte ſtone or pauing ſtone and holde it upon the ſore place/ and the blood draweth back/and the paciente is healed.

The barkes of an Aſhe tree/ſodden in wyne/ and droncken of hym that hath a harde ſplene/theſame doth weaken it wythout doute: Thys may ye proue of thys wyſe: Geue a ſwyne theſame barckes to eate nyne dayes one after the other/and when it is ſlayne/ loke after the ſplene/and ye ſhall not fynde it halfe.

He that hath payne in hys ſyde/let him take a kake of beaten Lineſede/ ſeth it in water/and wet a linnen cloth therein/and laye it warm upon the ſyde/and it ſhall fayde ſtrayght waye. When a man hath a payne in hys ſyde/ and ſpeciallye in the left ſyde / then take a quarte of whyte wyne/ the ſixte parte of a quarte of honye/a hande full of Percely/or els two unces of the ſede thereof: ſeeth theſame in a newe pott / the ſixte parte awaye/geue hym the ſame to drincke when it waxeth colde / both in the morninge and eueninge/and he ſhall waxe whole doutleſſe. Or els if a man hath greate ſtiches and payne in hys ſyde/ I toke halfe a pounde of milcke/ two unces of honye/an unce of wheaten meel/a penyworth of Saffron / and layde it warme thereon.

## ¶ Of all diſeaſes of the bellye/ and hys partes annexed.

Anis ſede/howſoeuer it is vſed/driueth out windes/that be ſtrayenge in the guttes/and combre the ſtomake/and chafe the lyuer: it maketh alſo good digeſtion/and is good agaynſt belkinge or breakinge vp of ſoure windes/of a colde and vndigeſted ſtomacke.

If any perſon/ether man or woman had a grepinge in hys guttes/ſpecially the frettinge in the great guttes/and he or ſhe were poore: let him take a litle waxe candle/and make therof a croſſe vpright/vpon a pece of papir/the bignes of a groate/feſtened or clyued vpon the belly/and lightened/and a litle glaſſe ſet thereon:theſame draweth the payne to it. Or els take a bondel of rawe hempe threde/and ſeth it in water where are manye aſhes/and laye it ſo warme vpon the belly.

If ye haue no hempe threde/then do as I did when I was called by a woman/that was at the poynt of trauaylinge/ and had ſo greate payne in her bellye/ that the chylde lept vp and doune/ſo that all they that were aboute her/were aſtonnyed/nether durſt anye man miniſter oughte to her:I bande both her legges aboue the kne hard and faſte wyth a bande/ and let it ſo alwaye an Aue Maria/and then loſed it agayne a litle ſpace/and band it agayne ſo oft/tyll the payne was holy taken awaye.

Auicenna ſayth/that a man maye well drinke hote water in Colica paſſide/that is grepinge in the great guttes/ and alſo when the ſplene ryſeth and ſwelleth.

If any man were miſtempered and hard in hys body/nother could make water/then take two hand full of Wormwood/cut it ſmall/ and put it in a bagge a quarter of an elle longe and brode/ſeth the ſame in halfe water/halfe wyne/ſtrayne it out a litle/that it droppe not/laye it vpon his body as warme as he can ſuffre it halfe an houre longe/and let hym eat twelue carnels of Peaches.And when the bagge wareth colde/then let him warme it agayne in the former water and wyne/and thys ſhal he do in the morning/at none/and in the eueninge:of thys wyſe ſhall the miſtemperaunce of the bodye and hardneſſe be alayed/and he ſhall well make water.

Or els take branne and water Creſſes/of eche alyke/aboute two quartes/chappe the water creſſes very ſmall / make a bagge large a quarter of an elle/and as longe/that it maye well reche about your loynes/ then putte the water creſſes and branne therein/ſteare them wel/leſt they cluſter/ſeth it well in a kettel wyth water / anoynte the loynes wyth Meye butter/or other butter ſo bigge as an egge/ and it that is left of the butter/laye vpon the nauel/and couer it wyth a litle diſhe:then preſſe the backe a litle out/leſt it droppe/and winde it about the patient as warme as he can ſuffre it : do thys in the morninge/at none/and to bedwarde/let it lye an houre or more at euery tyme/after that he is ſtronge and can ſuffre it.Lette hym lye vpon hys backe for the moſt parte/for that mollifieth the body well/taketh away the miſtempering and the payne/and cauſeth to make well water : but before any thynge loke he haue ſieges.

Dryenes of the digeſtion.

Somtyme doth it fortune alſo nature to become ſo drye and ſeere / that the meate can not voyde for greate drought/wherof he hath ſo great payn/that he euen ſwelleth.If the diſeaſe is of a ſwellinge / that ſhall ye knowe thereby/that he is ſwollen and hath payne/ſo that he can nether nighte nor daye haue anye reſt/but crieth continually. Theſame maye ye helpe of thys wyſe: Take Cotton/olde or ſtale butter/ vinegre/ſalt/of eche thre vnces: put theſame in a panne/& ſtere them together/ſeth them without burninge/vntill they ware a litle thicke: then take a fylt or thyck wollen cloth/vpon the ſame ſowe a pece of fuſtein or other linnen cloth/and theron ſtrake this forſayd confection. And when the pacient doth demande it/or hath nede of it/ then warme it by the fyre/and anoynte hym well wyth oyle of Camomille and oyle of Lilye well warmed/wher he hath the greateſt payne/and then laye the playſter thereon as warme as he can ſuffre it. This ſhall ye do in yͤ morninge/at none and eueninge/and it ſhall eaſe him both of the ſwellynge and payne. Marke alſo/that if there be to litle ſalue vpon the playſter / then ſtrake more thereon/or els if it fall of wyth the warmth: for ſhe oughte to be a finger thicke at the leaſt. It were good alſo he dyd bath in water/wherein a baſket ful of Malowes are ſodden/as warm as he can ſuffre it/ and ye muſte take hede that he haue good ſieges/and geue him to eate meates of light digeſtion/as are ſhepe or calues heades/chekins/and ſuch lyke. But if he can haue no ſieges/ then geue him a quarter of an vnce of Electuariũ roſarum/wyth the weyght of fyue barly cornes of Diagridion: mixe thẽ well together with warme wyne/& geue him it before daye/ if he will/lette hym drinke agayne therevpon: and if he can/let him walke vpon his drinke / for that is good: if not/let him be ware of ſlepe. And if he cã haue no ſieges therof/then be ſure/that he is bounde and ſwollen wythin/ and therefore muſte he be holpen ſtrayght waye with ſuppoſitories of Alume: but if they wil not helpe/then ſet him a cliſter therwith: Take milke and halfe an vnce of Frãkincenſe/put theſame into a new pot/wherein are put hote koles: put theſame vnder a ſtole wyth a hole/and ſet the pacient thereon/ that the vapoure maye go vp into hym as hote as he can ſuffre it. But before ye ſet the potte wyth the coles vnder the ſtoole/laye an houre or twayne thys playſter vpõ the pacientes bodye: Take Malowes wyth the rootes / waſhe them clene/ chap them ſmall/ſeth them in water vntill they ware weake: then preſſe thẽ well/and frye them in a pan/in a pint of butter or fat/till it ware a litle dry/ and then let it coole: And when it is ſo dreſſed/than put it into a fyne linnen bagge/lyke a cuſſin: And the ſack muſt be a quarter of an elle broad/and ſowed together and laced/lyke a pillowe. And when ye haue nede of this kuſſin/then put it into a kettel wyth water/and ſeth it/tyll it wareth hote: thẽ preſſe it oute that it do not droppe/and laye it about the pacientes body/ as warme as he can ſuffre it: and ſet hym there wyth vpon a ſtoole / and ſette the potte there vnder/as is ſayde before: this weakeneth the ſwelling within and wythout/and cauſeth an eaſy ſiege wythoute hurt. This were good for them that haue harde ſieges/ and haue the matter burnte within them/ whereby they voyde it wyth payne. To ſuche oughte to be miniſtred in a draught a ſyrope of Violettes/and in the morninge halfe an vnce of ſuccus Roſarum: If theſame doth not worke within a houre/then laye the forſayd playſter thereon/and ſet hym vpon the ſtoole wyth the pott vnder it / as is ſpecifyed before/and then ſhall he haue ſieges wythout any ſmarte.

## ¶ To clenſe the guttes.

TAke halfe an vnce of meel of Fenugrecum/ſeth that with a pint of water/and poure of the clere/mixe to theſame an vnce of hony/and drinke thereof in the morning and eueninge.

## ¶ For them whoſe guttes are gnawen or wounded.

Fretting of guttes

THeſame ſhalbe marked thereby / in his ſieges iſſueth bloude alſo/and that happeneth by two cauſes/the one is outwarde/the other inward. The inwarde cauſe is by reaſon of an vnclene and pearſynge moyſtneſſe/ cauſed by a ſalte Flegma/and theſame woūdeth or fretteth the guttes. But the outwarde cauſe is/ſome greate laboure/which a man doth / and ſtrayneth hym ſore/ſo that the guttes are thereof ſo fretted/that the bloude foloweth thereafter.

If ye will knowe whereof it is/then take hede to the matter/ that iſſueth from him wyth the bloude: If it be reede/then is it of Colera: but if it is as the vnclenneſſe of the noſe/then is it of Flegma. After that muſt ye take hede whether the bloude commeth of the vpper guttes / or of the nethermoſt guttes/or els the middelmoſt guttes. If it commeth from the vppermoſt guttes/then hath he payne aboue the nauel: if it iſſueth from the nethermoſt guttes/then hath he payne beneth the nauel.

When now the bloud commeth from the vppermoſte guttes/then geue the pacient his medicine into his mouth. Is it of the reed Colera/then geue him gumme Arabick wyth the iuyce of Porcelen/wyth a ſyrop of Mirtill/ and geue him ſyrop of Roſes/and geue him bread ſtyped in Almondes beaten/and geue him to drinke water ſodden wyth ſmall raſins.

But when the bloud commeth from the nethermoſt or middelmoſt guttes/and that of the reed Colera/then geue him a cliſter wyth theſe thinges: Take Roſes/yolkes of Egges/Porcelene/and pilled Barly ſodden in water/and make a cliſter hereof.

Reſtraîte in the ſmal guttes, and the ſignes of it.

Somtyme happeneth a reſtraynt in the ſmall guttes / by reaſon the ſlimye matter ſtrayeth/becauſe ſhe can not voyde beneth/and then riſeth it vp toward the throte wyth perbreakinge. This diſeaſe happeneth ſomtyme of an hote apoſteme in the ſtomake. It commeth alſo of a colde humor/that is gathered in the ſtomake. The reſtraynte cauſed by an apoſteme/is knowen thereby/that the belly is ſwollen/and he draweth winde or breth vneaſely: he getteth alſo an ague and great thyrſt. But if the reſtraynt were of a cold humor / theſame is not ſwollen in the bellye/and he is withoute an ague or thyrſte: his handes and fete are colde/he is heuy and waketh much/ nother can reſt in one place/ſomtyme will he haue thys/ſomtyme that. He that is thus diſeaſed/dyeth lightely the third daye/and he is paynfull to heale.

If ye will take in hand to heale ſuch a diſeaſe/then take hede firſt/ wher of ſuch reſtraynte is cauſed. If it is cauſed by an apoſteme / then geue hym Caſſia fiſtula with Iera picra/tempered w̃ oyle of Violettes. If the ſikneſſe is ſtrong/thē let him bloud in the liuer veyne/and make hym a cliſter wyth Malowes/Barly/Lentils/and oyle of Violettes. But if the reſtrainte is come by cold humors/thē clenſe the pacient Benedicta/⁊ wyth Iera picra/ theſame do expel/ and make him a cliſter of Dill/Fenegreke/Oyle of Camo mille/and oyle of Holder. Or els take the floure of Fenegreke halfe an vnce/ and hony a quarter of an vnce: mixe theſame together with warme water/ ſo much as nede is/and geue him theſame to drinke faſting ⁊ to bedwarde: the ſame purgeth the guttes of the ſuperfluous ſlyme/wherof is cauſed ſomtyme greate payne and grepinges.

But for the greping as in the great guttes/take yͤ bladder of a Swine/ and put it full of warme wyne/laye it vpon the nauel as hote as ye can ſuffre it/do it oft/and it ſhall take awaye the payne/theſame hath oft ben experimented and proued. Or els take a black Henne/and laye her warm vpon the nauel/cut it in two peces or ſliced quicke. Agaynſte anye maner of other grepinge/take the harte of a Wolffe and the guttes, drye them/⁊ make pouder of them: put theſame into a boxe. In that pouder growe litle wormes/ let theſame therin/⁊ when ye will vſe thē/take thē one after the other/ bray or breake thē wyth wyne/and geue it him to drinke.

Or els take half an vnce of oyle of Benediſta/ oyle of Camomil / oyle of Meliſſa or Baume/of eche a quarter of an vnce/mixe them together / ⁊ bid the pacient lye vpon hys backe/and put foure or ſixe droppes of the oyles in to the pacientes noſe / as warme as he can ſuffre it wyth a fether or other thynge: laye a whot cloth vpon it/and let it lye ſtil. Do thys oft/and let him beware of cold thynges in his meates or drinkes.

Or els take whyte cattes dounge/brayed and made fyne to pouder/ ſtere that wyth whyt wyne/and geue it him to drinke thre tymes. Or els take reed nettels that haue reed floures / wyth the rootes a good handfull/ſeth them well wyth a pint of good wyne/coole it/and geue him it to drinke.

## ¶ Howe to dryue awaye the wormes in the bellye.

The wormes called Lumbrici in Latin/growyng in the bodye / ſhall ye know of thys wyſe: the pacient hath payne about the nauel ⁊ yͤ guttes/ ⁊ ſomtyme do they voyd beneth or aboue. When they are found/howſoeuer they are engendred/ye ſhal help the pacient of this wyſe: Take a quarter of an vnce of Herteſhorne/⁊ as much ſalt/⁊ ſeth it with foure ſpounfuls of water/and geue him theſame to drinke: do this oft/and they ſhall all dye.

Lũbrici, that is, vvormes in the bel lye.

This is alſo a noble medicine and oft proued: Take yolkes of egges/ ⁊ a litle chalke/⁊ four ſpounfull of ſtrong vinegre: geue theſame the paciente to drinke in the morninge faſting/and do this thre morninges one after the other/and they ſhall drye without dout. After that geue hym a quarter of an vnce of Eſula/and theſame dryueth awaye from hym all the wormes and fylthyneſſe.

This is alſo a ſure and proued medicin: He that hath wormes in his belly/theſame ſhal drinke water ſodden wyth hony/⁊ that ſhal he do twyſe or thre tymes faſtinge/that the wormes maye be drouned therewyth. After yͤ ſhall he drincke the iuyce of Wormwood/Fumiterre/Peaches/⁊ leaues of Beanes: hereof muſt they all dye: Or els take ij. vnces of the iuyce of Wormwood/an vnce of Oxes gall mixte together/⁊ ſtraked vpon the belly. And if ye put half an vnce of Aleopaticum ⁊ Euphorbium/then helpeth it ſo muche the better:howbeit the gall of an Hare were better then of an Oxe.

Agaynſt the wormes in the belly take onyons and pyll them/cut or ſlyſe them ſmall/powre ſpringinge water ouer them/let it ſtande ſo all nighte/⁊ in the morninge drinke that water/and it driueth away al wormes. Poure theſame water vpon the earth where wormes are/⁊ within halfe an houre ſhall they crepe out of the earth.

Lykewyſe if one eate garlike faſtinge / it killeth ⁊ driueth out wormes out of the bodye. Or els drinke diſtilled water of knotgraſſe or ſhauegraſſe/ theſame killeth wormes alſo:howbeit it worketh more in yonge then olde folke.

## ¶ If a man had no ſieges and were ſtopped.

To make ſieges.

ARe they of middel age/than geue thē thre quarters of an vnce of Diacarthami. But if it is a man of a great ⁊ ſtronge bodye/then geue him halfe an vnce of it halfe an houre before daye/ and walke well vpon it/if he can/nother eat nor drinke before he haue had ſieges.

But if he can not walke for ſycknes/then let him be caried/or ſit vpright in his bed/and let his back/body and legges be ſoftely rubbed : and if he is ſo ſtrong/let him turne him ſelfe from the one ſyde to the other. Let him faſt iij. or iiij. houres at the leaſt after that he hath taken it.

But if it were to hard/then let him drink a good draught of warme water/the night before:that helpeth very well/that it may worke ſo muche the better in the morninge. And if the pacient were of a very hote and drye cōplexion /and that his ſieges were harde/then geue him two nightes ⁊ two morninges before/euerye mornyng a good draught of ſyrop of Violettes to drinke/ſpecially the night before he will take the comfecte. But if ye haue no ſyrop of Violettes/then drinke a good draught of whaye of milke bloud warme/and anoynt the nauell wyth creme/theſame ſofteneth wel. But I haue ſomtyme taken for poore people only the Gall of an oxe / and ſwynes fat or grece of lyke quantitie/molten together/and ſtraked their nauel well therewyth/and layed thereon of it as bigge as a walnut/⁊ couered a diſhe vpon it. But if he was colde/then toke I butter in ſteade of ſwynes grece/ and did as is ſpecified before/theſame mollifyeth very well. Geue him alſo in the morning halfe an vnce of Electuarium de ſucco Roſarum/ mixt with a broth of freſh Byfe/that is not to fatt:geue him a good draught of yͤ ſame to drinke/as hote as he can brouke it:theſame driueth yͤ matter out/and maketh her apte to voyde. But if he can haue no whaye/then geue him a good broth of whyte vnſalted Peaſen in the euening/in ſteade of the whaye:and in ſteade of the fleſh broth/take an vnſalted broth of whyt Peaſen/without anye fatneſſe. If ye will haue it to mollifye yet more/put thereto the thyrde parte ſo much of rootes of Malowes/as is of the Peaſe broth:⁊ this ſhal ye vſe in ſtead of the ſyrop of Violettes. When he hath taken the purgacion in the morning/if he is ſtronge/ then let him walke well therevpon:if not/let hym ſlepe therevpon/but it were better not.

Agaynſt perbreakinge of cōfections takē.

Some men ther are/whych whan they take yͤ Electuaries or cōfectiōs/ do perbreake/by reaſon of their ſweteneſſe : wherefore ye maye geue them halfe an vnce of Diaprunis laxatiui/ theſame is ſoure/ and hath theſame operation/and dryueth out very eaſely.

But if ſuch a ſiege dyd tarye vntill the euening before it did worke, then ſeth hym a water with a litle Licoris/and a litle Hony/and when he goeth to bedde/let hym drinke a good draught of thys water/ blood warme: theſame mollifyeth verye well/ that it maye voyde/ and he maye haue a ſiege wythout any harme and vneaſe / and after that geue hym nyne Pyllulas communes.

But if it were a fiſhe day when he would take it/then geue him a peaſe broth in ſtede of a fleſhbroth/as is ſpecified before.

He alſo that hath a wambling in hys ſtomake/or doth lightely perbreake/when he hath taken ought:let theſame holde a pece of toſted breade before hys mouth/as warme as he can ſuffre it. For aſſone as the ſtomake perceyueth the ſauoure of the bread/then doth the wamblinge alaye.

Vvãblĩg of the ſtomake of purgacions takẽ.

If a man had taken oughte/to cauſe hym to haue ſieges / and it woulde not wyde neuertheleſſe/and hym thought he ſhould do hys eaſemente/ and yet coulde not:then take Brenne/Malowes/both the herbe and rootes of lyke quantitie/chappe the herbes ſmall/and ſeth theſe wel in water/ and ſet the pacient in that water vntill the nauel/as warme as he can ſuffre it/and it ſhall weaken in a man/that he ſhall haue ſieges. But if he will not bath/ then put the Branne and herbes together/and put them in two ſmall bagges lyke in kuſſins or pylowbeers/and laye the one of them before vpon his belly and nauel / and the other behynde vpon hys loynes/as warme as he can ſuffer them. Theſame mollifyeth hym well / that he maye haue ſieges wythout hurt.

If a man had taken a medicine laxatiue/and it were to ſtronge for him/ ſo that he muſt do his eaſement to often/wherof he might get a grepinge or other inconuenience: then make a litle ſhete warme/ and laye it vpon hys bellye and loynes/as warme as he can ſuffre it: and let hym lye vpon hys backe/and couer him warme/and lye ſtill a good whyle/and the greppynge ſhall go awaye wythout hurte.

Reſtraĩte of ouermuch ſieges or greping.

### ¶ Whan the gutte ( where through the ordure paſſeth) goeth out/ howe to ſet it in agayne.

VVhen the laſt or nethermoſt gut/ through the whyche the ordure voydeth from man/goeth out of the bodye alſo/whyche commeth of a ſiege/and if that doth happē oft/it muſt be forſene/ or els doth it bringe to a man greate inconuenience. Helpe hym of thys wiſe: Take the herbe called in Latin Ononis/or Reſta bouis/ both herbe & rote/ chappe it ſmall/ſeth it well in water/tyll it waxe ſoft/put it into a litle bag/ ſitte vpon it whyle it is warme:do thys thre tymes in the daye / and when it waxeth colde/warme it agayne in the former water:of thys wyſe remayneth it ſoft and thynne. Or els bake him a litle cake wyth thys forſayd herbe/or wyth hys read floure lyke to a peaſe floure:or if ye will/ geue hym the ſame wyth a ſlyce of breade / and thys hath ben experimented and founde true. Thys muſt be vſed eyght dayes longe. But if ye can not haue thys

Of goĩg oute of the gutt vvyth ſieges.

herbe/ take twelue hand ful of meel or pouder of Oken barkes/put thẽ into a bagge/ſeth them as before/and ſit theron/and it goeth in agayne.

## ¶ An other true and proued ſcience / when the baſſe or laſt gut iſſueth or is ſwollen.

Take wormes/chap them ſmall/and braye them well/and put ſo muche oyle of roſes thereto/that it become as a thick broth:ſtere it well & ſtrake it vpon a linnen cloth/the thyckneſſe of a finger/let the cloth be ſofte/and a hande broade. Laye thys vpon the ſycke place as warme as the paciente can ſuffre it:and when it is colde/then laye ſtrayght waye another thereon/theſame helpeth well and continentlye. It is good alſo to wette a ſofte cloth in milke/and laye it vpon the ſycke place/where the gut is gone oute: and when theſame is colde/take it awaye/ and laye another warme in the ſteade of it. If the place is ſwollen or waxed hard/ the gut ſhall returne into the bodye by litle and litle wythout anye harme. Yet is it better to ſeth Malowes in goates mylke tyll they be weake/and laye them warm vpon it:theſame mollifye it wythoute anye hurte/ that the gutte entreth agayne eaſelye.

Towe dypped in the iuyce of Sloes/is very good for hym/ whoſe baſſe gut is iſſued:for layd vpon it/driueth it in agayne wythout any hurt. Or els take the pouder of burnt egges ſhales/ warm and ſtrow it vpon it/and lay a warme cloth vpon it/and that helpeth.

## ¶ When a man hath to manye ſieges/howe that maye be letted.

Sieges that are ouermuch/are diuerſe. The one is/that the ſtomak doth digeſt the meat and drinke of a man the better/becauſe he hath a faut in the power retentiue. An other is by reaſon of ſuperfluous moyſture in yͤ ſtomake or guttes:or els the power retentiue hath force in the ſtomack/ & ſo in the guttes/by reaſon of fylthy moyſture/that is hote and prickinge.

If the diſeaſe is in the power retentiue/ which ſhoulde retayn the meat in the ſtomake/then muſt it be conſydered/what moyſture or humors be gathered in yͤ ſtomake/& whence they come. If the diſeaſe cometh of euil complexion/then muſt the pacient be demanded/whether he feleth any heate in hys ſtomack/& whether he hath great thyrſt/& whether he haue a bulkinge or breakinge of winde:for thereby maye it well be geſſed/whether the ſiege be of ouermuch heat or not. If he haue no thyrſte/and eateth well/but digeſteth ſlenderly:then is his ſiege cauſed of cold/and therfore doth the ſtomak digeſt euill. He that will ſtaye that ſiege aſſuredlye/muſt eat and drinke litle/and vſe two or thre dayes nomore but one kinde of meate/and be ſtill: by that ſhall the ſtomacke be ſatled/and alſo the fundamente/and alſo the running ſtaunched wythout hurte or daunger.

Theſe meates do bind a man in his belly:hard egges/and Payſt made wyth egges/& baken in the herth/roſted Peeres/bakẽ meates/ Rice made wyth almõde milke/potages of barly/Barly water/Beanes/Peeres dried in an ouen/Amilum / Medlers/ Suger of roſes. Or els take the ſtones or carnels in the grapes/beate them well/put them in a cloth/laye them in reyne water or ſpringinge water a daye and a nyghte/ then ſtrayne the water well out/and drinke a good draught therof faſting in the morning and at euen to bedwarde:theſame ſtoppeth the hote fluxe verye well. Or els eate Sloes/that ſtoppeth ſieges whether they be of heate or colde. Or els eate Moulberies dryed / theſame ſtoppe ſieges. Lykewyſe alſo do Bremble beries not fully rype/and dryed and eaten/ſtoppe all maner of ſieges / cauſed of greate heat.

### ¶ A playſter for ſieges.

TAke a quarte of Akornes dryed and made to pouder / mixte wyth the whyte of an egge and vinegre in maner of a playſter vpon a cloth/and layed about the loynes. But it were better to lace yͤ playſter vpon the belly vnder the nauel/ and ſo about yͤ body/as warm as he can ſuffre it:and when it is drye/then refreſhe it agayn wyth yͤ whyte of an egge and vinegre/as is ſayd before/and pouder it fyne agayne. Thys maye be done thre tymes.

### ¶ A good ſcience for the bloudye flixe and other ſieges or flixes/of what cauſe ſoeuer they be/ and it ſtoppeth verye well.

TAke a Turtel/put it in a potte/ and couer it/ſet it in an ouen/tyll it be burnt all to pouder:and if any man hath a flixe/let hym take an egge/ warme it well by the fyre/ open it/ and put awaye the whyte:then take of the pouder/as muche as a cheſt nutte/mixe it wyth the yolke/and eat it faſtynge/do thys thre mornynges/and it ſhalbe ſtaunched/ and it is ſpeciallye good for all maner of bloudy flixes. Or els ſeth the Turtel wyth water/ ſalt her not to ſore/but let her be well ſodden wyth a broth/ and geue it the pacient/and it ſtoppeth him.

Diſenteria is a bloody flixe/cōminge ſomtime from the guttes/ſomtime from the liuer/ſomtime from the ſtomacke. If it is from the liuer/then hath he payne in hys right ſyde/then can he ſcarſely be holpen. But if it is from the ſtomake/then hath he payne in the holowe of the harte/ ⁊ that is deadly:for the ſmall guttes are nearehande raſed and gnawen through. But if he hath payn beneth the nauel/then commeth it from the great guttes/ and he maye be yet well holpen. Ye muſt alſo marke/that the bloudye flixe muſt not be ſtaunched ſo ſodenly/till yͤ euill matter is voyded/ ⁊ yͤ guttes be clenſed. After that helpe him thus:Geue him whay of Goates milke and barly water of eche lyke much/put a litle hony in the barly water/and ſeth thē together/and ſkomme them After that put the whey thereto/ and ſtere them together/and then take it from the fyre/and geue the pacient alway therof to drinke bloud warme with milke/both in yͤ morning/none and eueninge: thys healeth the guttes inwardly. Lykewiſe alſo doth water of Waybrede dronke in the morning/at none and eueninge.

Agaynſt the bloody flixe/take a quarter of an vnce of Sanguis draconis/made to pouder/drinke it in a potage or broth/or els eate in a weake or ſoft egge:theſame is experimented that it ſtoppeth : or els geue hym Knotgraſſe to eat vpon a ſoppe/or in ſome potage/or els howſoeuer he can eat it/ or els in an egge as is ſayde before/and that ſtoppeth the blood/both aboue and beneth.

## A true medicine for the bloody flixe.

TAke the tappettes or flouringe of Walnuttes and Filberts when they floriſhe/new gathered after that they be fallen from yͤ trees/ and put them into a baſin / and drye them in the Sonne or in an ouen/that they rot not:beat them to pouder/ and he that hath the bloudy flixe/geue hym a quarter of an vnce thereof in an egge roſted wyth oyle/tyll it be harde:and eate thre morninges ſo muche thereof at euery tyme/and faſtinge. And if it will not be ſtaunched/then geue hym half an vnce of thys pouder in an egge.

Yet another for the bloudye flixe/whyche comforteth the ſtomacke/and ſeaſoneth the mouth if it is vnſeaſoned:for ſurely it cooleth hym and ſlaketh thyrſte/and dryueth awaye the heate of the lyuer. Take ſuger of Roſes as muche as a cheſt nut/and a quarter of an vnce of Sanguis draconis made to pouder/and geue hym a good draught of reyne water to drynke vpon it/ or els conduyte water/or yet barly water. And if ye can haue nether of theſe/then ſeth well croſted broune breade in water:the courſer the bread is/ yͤ better is it:Let the water be a good pint/and the croſtes as much as a fiſt/ and let hym eate thereof oft in the daye/ and ſpeciallye to bedwarde/at nyght/and in the morninge. It were good alſo that he had ſomtyme pylled Almondes/that haue lyen longe in colde water / or els to geue hym a ſlyce of bread ſtyped in colde water/theſame cooleth and ſtopped very well. Or els take two flynt ſtones/and a pece of ſtile/and make them glowynge whote/ and laye them than in milke of a Cowe/ and thereof drinke faſtinge a good draught bloud warme. Do thys thre morninges/and it ſhall auoyde. Ye maye alſo heate flyntſtones and ſtile/and laye them in milke/& drinke thereof in the morninge and at eueninge. Or els take the rotes of Burres as muche as a penye loaffe/chappe them ſmall/and ſeth them in a newe pot wyth good wyne/ let the paciente ſit ouer them / that the vapor maye go vp into hym:Do that oft/and the flixe ſhall ſtaunche/whereof ſoeuer it be. It ſtoppeth alſo the floures of women/whē they haue thē to ſore. Alſo take Peers dryed/and ſeth them in water/and drinke thereof/and it ſhal ſtaunche/ and after a laxatiue/doth it ſtoppe the ſieges continently.

Binding meates. Theſe meates oughte they to eate / that haue ſieges:rooſted Pygeons/ and all meates that drye / as are Lentilles/Rice/Amilum/pared or ſhauen Herteshorne / or els Beenes ſodden wyth vinegre vntill they pearche / and geue hym theſe to eate thre dayes continuallye/ nether geue him anye other meate.

## How the flixes maye be knowen.

Whan

V When the bloudy flixe commeth from the vppormoſt bowels/thē iſſueth from man pure bloud/with digeſtion of the fylth of mans body/and therrof getteth a man greate payne in the vpperpart of his body or nauel. Him may ye helpe of this wiſe: Take Hēpſede/ braye or beate theſame well/⁊ put a litle water vpon it/ſtrayne it through a cloth. Then ſeth two egges/yͭ they remayne very ſofte/⁊ put of the Hēpſede milke therto/as much as al the egges be/beat thē wel together/⁊ take yͤ faſting: theſame ſtoppeth the flixe/⁊ auoydeth the payn. Or els ſeth yͤ rootes of Burres or the ſede in water/or them both/and drinke it faſting: but it were very good to ſeth the ſede in reyne water.

Flixe of the vppermoſt bovvels.

If it commeth of the middelmoſt bowels or guttes/than is the ſiege or flixe colored black wyth bloud/or els grene wyth theſame. To cure theſame is/make a vaporaciō beneth wͭ Rāmes greace or fat/waxe/pitche ⁊ Cumin ech of lyke quantitie/put thē in a new pot/⁊ couer it cloſe/ſet it vpon a fire/ tyll it waxe thorow hote/and do ſmoke ſore: than ſet it vnder a ſtole wyth a hole/and ſet the pacient thereon/as hote as he can ſuffre it.

Flixe frō the middelmoſt bovvels.

But if the bloud commeth of the nethermoſt bowels/then is the ſiege yͭ iſſueth therewyth yalow/black/pale/or els of a grene deadly coloure. The ſame may be holpen of this wiſe: Geue him roſted Rāmes fleſh to eat/⁊ olde hennes ſodden/and ſpecially the fete/and barly water to drinke. Item Almonde milke wyth water/theſame comforteth the harte.

Flixe of the nethermoſt guttes or bovvels.

But if the ſiege be by reaſon a man hath eaten ought that is vnholſom/ then ought he not be ſtaunched ſo ſone.

There is alſo a flixe/called the whyte ſiege/in Latin Lienteria/theſame is/when the meate is voyded vndigeſted. Theſame ſiege commeth ſomtyme of ſlymy matter lyenge in the ſtomake/and that is knowen by the heuineſſe of the ſtomake.

Lienteria, and the cauſes of it.

## ¶ Of payne in the Loynes.

THeſame commeth ſomtyme of heate/ſomtyme of colde. Whē it cōmeth of heate/then vaniſheth all te pacientes moiſture/⁊ his vrine becōmeth reed/or els yalow as an Orenge appel. He yͭ hath that diſeaſe/ geue him the milke of a Soo wͭ Dragagātum/and Malowes/ make a potage therwith and he muſt beware of all ſuche thynges as chafe or warme hym/⁊ of ſalte meates/and geue hym all coolinge meates/ or els geue hym potages made of barly and Spinage/that cooleth well/ or els geue hym a Barly potage wyth butter/for that cooleth ⁊ mollifieth hym well: If he hath the power and is able/geue him Triaſandali.

Payne in the Loynes.

Payne in the loynes and back commeth ſomtyme by ouermuch companyenge wyth women. Theſame helpe of thys wyſe: Let him beware of women/and if he hath heate or thyrſte/then geue hym ſuger Candye/and lette him beware of all hote thinges. But if he hath no heate/then geue him ſuch thinges as do warme him moderatly/and let hym go to ſome bath/and eat meates of good digeſtion.

Payne in the back and loynes.

Item if he haue any faulte in hys liuer/let him take hede thereto/for thē muſt he not bathe/before his heate of the Liuer be ſwaged.

But if the payne in the loynes commeth of cold / then hath the paciente no luſt vpon womē/and hys back doth ake very ſoꝛe/and alſo hys thyghes: hys vꝛine is whytyſh as water. Let him beware of oyle/oꝛ any fat meates/ whether it be fleſhe oꝛ fiſhe/and of all ſuche thinges as coole the ſtomake. Make alſo thys playſter/and laye it vpon hys back and loynes/ as warme as he can ſuffre it: Take Fenel and Smalage alyke muche/ chapped ſmall and beaten in a moꝛter/take of echt as much as mans heade/ and put therto Dyll ſede/oyle of Maſtix/Befe ſuet/of eche two vnces and an halfe: put theſe into a panne/and whan it wareth hote/then caſt the herbes in alſo / & frye them well together/and laye it betwene two fyne clothes / and laye it about hys loynes/as warme as he can ſuffre it: and whē it is colde/warme it agayne in the panne/and laye it vp agayne. Let him do thys thꝛe dayes/ and it ſhall auoyde wythout any harme oꝛ payne/and doth ſone helpe.

Cure generall. If thys diſeaſe ouertaketh yong folke/that be betwene twenty and fyfty yeares/they may well be holpen. They muſt be let blood befoꝛe all medicines. But if thys diſeas taketh aged folke/that be aboue thꝛe ſcoꝛe yeares/ theſame can ſcarſely be holpen/oꝛ not: their vꝛine is ſomtyme yalow & dimme coloured / and when it hath ſtande a whyle/then hath it a cloude as it were a cobbe weble oꝛ whyte cloude: theſame are pale vnder their ſyghte and leane.

## A true medicine foꝛ payne in the loynes cauſed of colde.

Take a quarte of floures of Camomille/ſeeth them in halfe wyne / halfe water/and poure out the licour oꝛ water/and bꝛaye yͤ floures in a moꝛter/tyll they be all to bꝛuſed. Then put them again into the water / and ſeth them tyll the water be clene ſodden away. After that put them into a clene linnen cloth/a quarter of an elle longe/and halfe a quarter of an elle bꝛoad/ and laye it as warme vpon the pacientes loynes/as he can ſuffre it. And when the loynes be well chafed therewyth / then take it awaye/ and dꝛye them wyth a cloth/and anoynt them wyth thys oyntment: Take a quarter of an vnce of Oleum benedictum/oyle of Camomill/oyle of Spicanardi/of eche a quarter of an vnce/oyle of Baye halfe an vnce / Dialthea / Aqua vite/of eche a quarter of an vnce. Put all theſe into a veſſell / and ſet it by the fyꝛe/that it waxe warme: then anoynte the loynes therewith: after that lay the floures thereon warme as befoꝛe/when they be warmed agayne in the foꝛſayd wyne and water: Do thys in the moꝛning and eueninge.

Cure of a vvomā vvyth chylde. But if a woman were payned in hyr loynes of a cold/when ſhe is with chylde/it were good ſhe were gyꝛded in hyꝛ flankes/ that the vapoꝛ did not ſtryke vp into her to the harte/and let her then ſit vpon the pott/wherin the bath is/that the vapour maye ſticke vp into her backe/as whote as ſhe can ſuffre it/and let her ſet hyꝛ fete in the tobbe/wher in the ſame water is/ and ſo couer her ſelfe wyth a mantel oꝛ longe goune/that were good foꝛ her.

Take Garleke/Coꝛiander of eche two vnces / ſeth them wyth a quarte of wyne/tyll the thyꝛde parte be ſodden in: dꝛincke that in the moꝛning and euenynge.

If a man hath payne in his loynes of heate/then ſeth Fenel rootes with water/and drinke that in the morninge and eueninge. Or els take Cheruel chapped ſmall/as muche as a gouſe egge/ſeth that in a pounde of clarifyed wyne: Drinke that to bedwarde/and eate the herbe alſo faſtinge.

## ¶ Agaynſte payne in the loynes.

Take Veruayne/Sauie/Lauender/Wild minte/of eche two handfull/ſeth them well in a great pot/with thre quartes of whyte wine/wel couered and ſtopped: put that into a tob/and ſit vpon it/& let the vapor go vp into thy back/vntill ye be well warmed. Then cauſe the ſweate be wyped from your back,till ye be drye. After that anoynt your back with Beſe ſuet molten/when ye will go to bed/do thys thre nightes together. This taketh awaye payne in the loynes/and ſpecially cauſed of colde.

Or els take honye and milke of lyke quantitie/put theſame into a newe pot/ſet it by the fyre vpon a treuet,ſeth it well/and laye it as warme vpon thy loynes/as ye can ſuffre it: theſame draweth out the payne. And when it wareth colde/then warme it agayne.

## ¶ Another ſcience for payne in the loynes/that helpeth verye well without harme.

Take Mullen/called Tapſus barbatus/diſtilled/ſtrake theſame well into his loynes by a fyre/in the morninge,at none and to bedwarde/and do that nyne dayes continuallye.

Somtyme growe apoſtemes in yͤ loynes of humors that are waltering and ſtrayeng in the body/wherwyth doth come ſomtime a ſore ague/& the pacient hath hys membres ſo heuy/that he thinketh they do hange: and the apoſtem in the loynes doth lightely become ſoft and ſo ripe/that it runneth.

Apoſte-
mes ĩ the
loynes
and the
ſignes
thereof.

If the apoſteme is in the right ſyde/then let the pacient lye vpon yͤ lefte ſyde. But if it is in the left ſyde/then let him lye vpon the ryght ſyde. After that marke whether it be of a hote humor/for then hath the pacient greate thyrſte/hys vrine is reed/and happely a great moyſture wythall. But if it is of a colde humor/then is the ague eaſyer/and hys vrine coloured lyke water.

If it is of a hote humor/then is hys vrine reed/and he hath a duſelynge. Geue him this medicine: Take the iuyce of Nightſhade or Morel/the iuyce of Fenel,ſeth and ſtrayne them/and put vnder them Caſſia fiſtula and oyle of Almondes/and geue him this.

But if he hath a reſtraynt/that he can haue no ſieges/then make him a cliſter/and thereto take oyle of Violettes/Barly/Malowes/oyle of Roſes/of eche like quātitie/& geue him meates yͭ be moyſt & good of digeſtion/& cooling. He muſt beware of all meates yͭ warm/& of women/& be very ſtil and quiet withoute mouinge. Take alſo Colewortes and Fenigreke of eche like much/make thē to ſmal pouder/& mixe them together/& laye it vpon his loynes where the payne is. But if yͤ apoſteme doth breake/then bid him drinke of an Aſſe. Take alſo Barlye meel thre vnces/Figges two vnces/ſixe vnces

A reſtraſt
or bin-
dynge
vvyth a-
poſtema-
cion.

ces of Malowes/mixe them well together/and wett a ſponge therein/ and binde it vpon the apoſteme/and make hym this cliſter: Take halfe a pound of Kowe milke/foure vnces oyle of Roſes/beat them well together/ and ſet him a cliſter wyth it. The ſeconde daye after make him a bath/wherein are ſodden a pecke of barly brayed/thre buſhels of the leaues of Malowes: let theſame be well ſodden/and bath therein/that mollifieth the apoſteme wel/ that it maye breake oute and runne. But if the apoſteme or matter were to thycke/that it coulde not well runne out/than take ỹ iuyce of Fenel/Smalage and Wormwood/of eche lyke muche: theſe oughte to be ſodden ⁊ strayned/and geue hym halfe an vnce of them wyth an vnce of mylke of Aſſes/ beate them well together/and let hym drinke it faſtinge / theſame mollifyeth the apoſteme/that it maye runne and voyde well: after that heale hym wyth playſters and ſalues/and clenſe hym well.

But if hys apoſteme is come of colde/then geue hym meate of good digeſtion/and warme moderately/bydde hym reſt alwaye/ and kepe hym as is ſayde before.

## ¶ Howe a man ſhall be holpen that piſſeth bloude.

Piſſinge of bloud

Somtyme doth paſſe a hote humor through the loynes / and lyeth there ſo longe/till it wareth ſlimye/ and raſeth or ſcrapeth them/ ỹ the vrine becommeth reade or bloudy. When that happeneth/thē laye thys bathynge ſponge vpon the loynes: Take oyle of nuttes and warme water lyke much/of eche halfe a pounde/beate them well together/then wet the ſponge well therein/and laye it vpon the place/ wher the payne is. After that make him a playſter hereof vpon hys loynes/that be halfe an elle longe/and a quarter of an elle broad: Take the leaues of Roſes well brayed/the meel of Lentils / mixe them well together/ that it become like a playſter/laye that vpon hys loynes.

When it is drye/then put more of the foreſayde oyle thereto/ and moyſtē it inough therewyth/and laye it vp agayne: theſame taketh awaye ỹ payne well/and geue hym thys drinke faſtinge/the weyght of a quarter of an vnce: Take the ſedes of a Gourde made to pouder/Cumin beaten / and the ſedes of Malowes of eche lyke muche/ſo that they be together a quarter of an vnce/ſeth them in two vnces of milke of Aſſes in a newe pott. If ye can haue no milke of Aſſes/then take in ſtede thereof milke of a Kowe or Neet/ theſame is good alſo.

It is to be knowen/that milke is holſome for all them that haue thys diſeaſe/dronke in the morninge/and eaten in the daye. Geue hym alſo to eate ſuppes of Almonde/and the yolkes of ſoft egges potched in hote water.

## ¶ Whan a man piſſeth bloude.

Piſſinge of bloud and hys cauſes and ſignes.

Theſame commeth ſomtyme from the bladder/ ſomtyme of the lyuer/or els of the veynes that are in the backe. If it commeth of the bladder/then ſtinketh the vrine/and is troubled/and the bloud is coloured lyke matter / and a man hath payne aboute hys preuye membres. But if it commeth from the lyuer/then is the bloud very thynne/ he hath payne in his right ſyde. But if it commeth frō his loynes or reynes/ then hath he payne in the back and reines. And if it commeth of ſuperfluous bloude/then are hys eyen greate/and then let him bloude in the liuer veyne in the righte arme. But if it commeth from the loynes/then let him bloude by the ankle aboue yͤ foote/if it is a woman: but if it is a man, let him bloud vnder the foote.

Somtyme fortuneth it/that the veynes that paſſe betwene the flankes ⁊ bladder/do breake or remoue out of their place / ſo yͭ a man piſſeth bloude therof/theſame may ye helpe of this wiſe: He muſt firſt let him bloud in the liuer veyne vpon yͤ right hand/⁊ the pacient muſt beware of womē: for it is not good/⁊ might bringe him to farther inconuenience: ⁊ let him beware of all chafing meates/but eat cooling meates that are good of digeſtion.

It happeneth ſomtyme alſo that a man piſſeth bloude/when he hath taken ſtronge medicines for the ſtone/ſpeciallye when he hath taken the wynges and head of Cantarides/ (whiche are grene wormes/ſheninge with a gloſſe lyke golde/and a ſcale lyke a bittel.) To theſame geue freſhe Akornes made to pouder to drinke wyth wine.

## ¶ When a man piſſeth matter.

If ye will knowe/whether it be of the grauel or ſtone/then gather a deal of the vrine in a veſſel/⁊ let it ſatle ſixe houres. After yͭ ſtreyne it through a linnen cloth/and that remayneth in the cloth/take with thy finger / and if ye find ether ſtone or grauel / then is the matter alſo of the grauel or ſtone. Suche a diſeaſed muſt ye helpe of thys wyſe: Take yͤ leſſe Shauing girſs/ called alſo Cattes tayle/and Earth puy/of eche two handfull/ and two vnces of Akornes beaten to pouder/⁊ halfe an vnce of the huſke whereby they hange at the tre/and as much of egges ſhales burnt tyll they be whyle: ſeth theſe with thre pintes of wine/and a pint of water / tyll the fourth parte is ſodden away. Drinke therof in the morninge/after diner/ and at nighte/at eche tyme two egges ſhales full/and do it ſo longe tyll the paciēt be whole. And if ye haue not inough/then make more. And if he hath ought/ or is diſeaſed with the freting or briſeling ſtone withall/then geue him at euery tyme as much of Ciche peaſebroth withall/and let him drinke them together.

Piſſinge of matter and his cure.

## ¶ When a man can not piſſe/ how the bladder ought be purged of her ſuperfluous ſlimiſhneſſe.

When a man is diſeaſed in hys bladder/ then hath he theſe ſignes: He thinketh he is ſatisfyed of meat or drinke/nother hath luſt to eate / and the meate bullketh vp agayne/ſomtime is he ouer hote/ſomtime ouer colde/ nether hath any quiet ſlepe/the vrine ſtrayneth him: in his belly is he alſo / as though he were ſwollen. Helpe theſame of this wiſe: Take Fenel ſede/ karnels of Perſely/Radice/Louage/the rootes of Cariottes / ſeth them verye well in water/ſtrayne thē through a cloth: then put whyt wyne therto/ſeth theſame wyth pepper/put thys to the fyrſt broth/and ſeth it agayn/ and put it into

Diſeaſe of the bladder and the ſignes of it.

it into a pot/and dꝛinke thereof faſtinge ſeuen moꝛninges one after yͤ other/ and ye ſhalbe whole without hurte.

## ¶ Thys folowyng cauſeth to piſſe eaſely.

To piſſe eaſelye.

Take Hoꝛſe radice as muche as two egges/ſlice it ſmall/ and ſeth it in a pint of water very well:ſtrayne it thꝛough a cloth into a pott / and put as much hony therto/as is the rote:this may he dꝛinke when he wil.Oꝛ els take Hoꝛſe radice/as much as two fyſtes/ſlice it ſmall/ſtampe it/& put therto thꝛe tymes as much courſe bꝛanne:then put two quartes of water to it/ and ſeth it till the water be ſodden in.Then laye the pacient vpon this with his belly dounward/as warme as he can ſuffre it:then warme it agayn wͭ the water/and of this ſhall he be cauſed lightely to make water.

The grauel or ſtone of a chylde.

If a childe had the grauel oꝛ ſtone/& might not therefoꝛe make his water/then take a handfull of Akoꝛnes/and bꝛaye them a litle/ſeth them wyth a quarte of water tyll the thirde part be conſumed:then ſtrayne it thꝛough a cloth/and when that wareth colde/geue it the chylde to dꝛinke/ as much it will/and it ſhall helpe him.

This doth alſo make lightely piſſe and eaſely:Take the rotes of Perſely the herbe of Daſye/and ſeth them in water/and geue him thereof to dꝛinke in the moꝛnynge and eueninge.Oꝛ els put therto diſtilled water of Radice/ that maye he dꝛinke when he will.Oꝛ els geue him the eyes of Crabbes made to pouder to dꝛinke with wine.And if it is a chylde / that it can not piſſe foꝛ the ſtone/then geue hym it wyth milke to dꝛinke.

Another to make eaſelye piſſe : Take Perſely/Smalage/Fenel/of lyke quantitie/chap them/and bꝛay them ſmall/and ſeth them a litle : put butter thereto/& lay it vpon his pꝛeuy membꝛe and loynes/as warme as he can ſuffre it:of that ſhall he make his water eaſely.

Oꝛ els take Smalage chapped ſmall/as much as two fyſtes with ones as much courſe bꝛanne/and ſeth that with water/till it ware dꝛye: laye the ſame vpon the bladder.Theſame is good foꝛ him/yͭ maketh his water paynfully/and thynketh that hys belly be ſwollen:and is ſpecially good foꝛ them that are groſly ſtopped in the bladder/foꝛ thereby do they piſſe.

## ¶ Foꝛ to piſſe eaſelye/and foꝛ the ſtiche and ſmartynge/ and foꝛ the Bꝛiſynge ſtone.

Take two ſlices of a Garlyke heade/pill them/and bꝛaye them well: thẽ take a good handfull of Malowes wyth the rootes/ waſh them fayꝛe/ chappe them ſmall/put them together into a newe pot/put a quart of wine thereto/ſeth it well halfe an houre/ſcomme it well / and beware that it do not runne ouer/ſtrayne it thꝛough a cloth into a pot/and put therto two vnces of ſuger:and when it is colde/then dꝛinke therof when nede requireth/ ſpecially in yͤ moꝛning & euening/at eche tyme a good dꝛaught/ holde a pece of toſted bꝛead befoꝛe hys mouth/leſt he perbꝛeake.

This foꝛſayd dꝛinke is ſpecially good foꝛ thẽ/whoſe bladder is vncleane oꝛ ſtopped / ether of the grauel/ſtone oꝛ vncleane ſlimye matter/wherefoꝛe he can not make his water: for thys drincke mollifieth it/openeth the condute/and maketh ſone to piſſe.

But if a man were ſore vnclene/that he had ben long without makinge of his water/& thereof had he gotten a greping or ſore/or were febled/or els had a wambling and perbreaking/theſame helpe thus without payne: Make him a bagge of ſoft linnen cloth a quarter of an elle broade/ that it maye reache about his body/from the nauell tyll the priuy membres/ and take ij. quartes of brann/water creſſes chapped ſmall as much/put thē together into a bagge & laye them in water: but let the back be quilted/ leſt the branne cluſter/and ſeth it well. After that take the bagge out/ and let it drop well/ and laye it as warme vpon his loynes/as he can ſuffre it: yͭ taketh awaye yͤ griping and payne anone. If ye can get no water creſſe/ then take the bran alone. Or els take ij. ryles full of yarne/& ſeth thē well with water & aſhes/ & lay the yarne as warme about him as he can ſuffre it. Or els take a ſhert ſeth it in aſhes/& holde it before him/and winde it about his body & loynes/ that is good and helpeth him well: yet is the firſte yͤ beſt. After that ſet him vpon a ſtole wyth a hole/and take a pot/and put two ſtones gloynge hote/ as bigge as a fyſt/ſett the pott vnder in the ſtole/ſit thereon/ſo yͭ the vapour maye go no where out/& poure alwaye a diſh ful of water theron/& let that vapour ſtryke vp into the/as warme as ye can ſuffre it. And if the ſtones be not hote inough/then take more ſtones/yͭ they maye caſt heate inough/ yͭ ye maye ſweat therof. If it is a man/then maye he take yͤ forſayd drinke made wyth the garlyke before the bath/and bind the bagge about his loynes/ for that helpeth very well. This maye alſo be well vſed alone/ for it doth helpe alone alſo/and lightely to piſſe without hurt.

But if a man can not make his water/or els piſſeth very litle/ then take a newe brickſtone/that neuer was wett/and make it gloyng hote/and ſeth Cumin in good wyne/and poure the wyne and Cumin vpon the hote ſtone/and ſet it vnder the/and let the vapour ſtryke vp into the/& the warmth and piſſinge ſhall come agayne to the.

Or els take water Creſſes ſodden in wyne in a newe pott/ ſitte vpon it as warme as ye can ſuffre it/theſame cauſeth to make water well/ and is alſo experimented.

Or els take a good handfull of the rootes of the herbe called Ononis or Reſta bouis in Latine/and ſeth them in a good quarte of wine/ and geue him thereof to drinke in the morning/at none/and to bedward. But if it is winter/ that ye can not haue the rootes/then take the toppet of an onyon/ and put theſame into the mans yarde: or els take the innermoſte heades of onyons/and gather them together/and put him then into the yarde. But if ye haue not that nother/then take two or thre lyce/ſo great as ye can gett/ and put them into the yarde/into the innermoſt hole/that goeth into the bodye/and put a litle cloth therein/that they maye crepe in/and he ſhall make water verye well.

## ¶ When a man hath the Stranguria/that is/difficultye to make water/ or when one piſſeth in hys bedde in the nighte.

AGaynſt the Stranguria take Malowes/Garlyke/ of eche a handful bruſe them/⁊ ſeth them in a quarte of wine/tyll the thyrde part be ſodden away/drinke therof thre tymes in a daye. Or els eate yͤ kernels of Peaches and Akornes made to pouder of eche a like/mixe that with wine/ and drinke it:if he be not healed therewyth/then hath he the ſtone.

When a yonge body doth piſſe in his bedde/ether oft ether ſeldom / if ye will helpe him/take the bladder of a Goate/drye it/that it maye be made to pouder/theſame pouder ought to be geuē to drinke with wine. Or els take yͤ beanes or hinderfallinges of Goates/braye thē to pouder/ ⁊ geue him of yͤ pouder in his meate in yͤ morning ⁊ euening/a quarter of an vnce at euerye tyme:Or els geue him a quarter of an vnce or more of Agrimonye/ wyth a litle wine or broth ſayth Bartholomeus de Montagnana: Or els geue him Hedghogges or Orchens made to pouder at euē to bedward in a draughte of wine:his fleſh is alſo wounderfully good eaten agaynſt that.

Or els take the pouder that Montagnana ſetteth in his Antidotarius/ namely:Take halfe an vnce of the inner ſkinne of a hennes mawe/ yͤ aſhes of a burnt Hedghogge thre quarters of an vnce/an vnce of Agrimony/ſtear them together/and geue the pacient therof a quarter of an vnce wyth a litle wine or broth when he goeth to bedde.

When a man getteth the Stranguria or difficultye to make water/thē anoynt him his nauel wͭ ſuet warmed ⁊ no more/⁊ it auoydeth very ſhortly.

Meates cõueniẽt for hym that hath the Stranguria.

Such diſeaſed muſt beware of ſalt meates ⁊ ſmoked/as Hering/Ling/ Coddes/grene Places/ſmouth fiſhes/as Iles/Lāpriles/Barbels/Tēches: alſo muſt he beware of fat meates as bacō/paſteys or pyes/fatt cheſe/ raw milke:But they may wel eate Pykes/Perches/ Troutes ⁊ ſuch like fiſhes/ breding in running waters. Let him alſo eſchue all water foles/both wilde and tame. Let him eate the fleſh of kiddes/potage of great Peaſen/the rootes of Perſely/Fenel/the herbe or ſede of Smalage/beaten barly. He muſt alſo not eat his fill/and beware of fruytes. He maye alſo make a bath of the floures of Camomille/Water creſſes/Malowes/Betony/Cinckfoly/of ech a handfull:ſeth theſe well cloſe/⁊ bath therin vntill aboue the nauel.

If ye wil make it yet better/thē put therto the herb of marriſh Malow or Holyhoke/Cinckfoly/Ferne/ſeth of eche a handful/and boyle it wͭ yͤ firſte bath. This bath is very good for the Strāguria/⁊ cauſeth to piſſe well. Let him beware of ouermuch heat/let him drinke good whyte wine / ⁊ ſodden ſwete wine to bedward/⁊ in the morning an houre before breakfaſt/ ⁊ temper it a litle with water/wherin is ſodden a quarter of an vnce of Lettuſe ſede/beaten Licoris halfe an vnce/a handful of yͤ leaues of Hertes tounge: ſeth theſe in thre pintes of water/vntill the thirde part be ſodden awaye.

## ¶ Of the ſtone/ howe he that hath it/maye be healed wyth conuenient medicines.

SOmtime doth the ſtone engendre in the bladder/ſomtime in the loynes. Somtime doth it engendre of vnclene ſlymy matter/that is gathered in the ſtomake/and is congeled together with an vnclene ſlymy heate/ and ſo wareth a ſtone or grauel/which cauſeth great payne and grefe.

Whan the ſtone groweth in the loynes/then aketh his back and loynes/

and be ſomtymes as dead. But if the ſtone is engendred in the bladder/ thẽ hath he payn in yͤ forpart of hys body/⁊ he can not wel make hys water.

Somtyme commeth the ſtone of heat/⁊ then is his vrine reade/ ⁊ in the bottome of the chambre pott or vrinal lyeth much grauel or ſande/if it ſtand an houre ſtill:and that grauel or ſand is read and hard when it is touched. Suche a pacient muſt beware of all hote medicines.

But if the ſtone is engendred of colde/then doth the paciente perbreake oft/and the ſande ſynkinge in the bottom/is whyte. His vrine is ſomtyme clere/and ſomwhat yelowe/as the whey of cheſe:and to ſuche one are hote medicines good.

This diſeaſe is cured ſomtime by cuttinge Chirurgeons experte in that thinge. But that the grauel or ſandyͤ ſtone maye be voyded frõ a man/ that he maye be ridde of the payne or ſmarte / or yet the perbreakinge:ye muſte firſt ſe that the pacient be purged of the vnclene ſlymy fylth/ and yͤ he haue good ſieges/⁊ geue him this ſyrop to drinke: Take the rootes of Smalage/ Fenel ⁊ Perſely/of ech foure in nombre/⁊ of their ſedes an vnce/ Grummel two vnces/ſmal Triſle an vnce ⁊ a quarter/yͤ ſedes of Chiches ⁊ Põpones of eche an vnce/an vnce of yͤ ſede of yͤ ſharp Burres or Clotes / the herbe of Pinke nedle or Cranes bill/Colonder or Maydens heyre/of ech a handfull/ ſixe vnces of yͤ rotes of Brak of yͤ wal or Polipody:chap al yͤ rotes ⁊ herbes ſmal/⁊ ſeth thẽ in a quart of wine/⁊ a quart of water to the halfe:after that ſtreyne it through a cloth/and deale it in two partes/⁊ to the one part put a pounde of hony/and ſeth it alwaye to the halfe/and to the other parte put a pounde of ſuger/⁊ a quarter and a halfe of an vnce of Cantarides withoute heades and winges/made to pouder/and ſeth thys the thyrde part awaye. Of this geue to the pacient at euery fourth day an vnce and an halfe/ with thre vnces of water/wherein are ſodden yͤ rootes of Smalage ⁊ Perſely/⁊ of the fyrſt ſyrop made wyth hony/geue him euery morning an vnce and an halfe/mixt with foure vnces of water made of the rotes afore ſpecified: and of the other ſyrop/at euery fourth daye an vnce and an halfe/ mixt with iiij. vnces of the foreſayd water/⁊ then recouereth he. And if he can not be healed there with/and that the ſtone were great and hard:then were nothing better/then to cut it/if weakeneſſe dyd not hinder it.

He that hath had payne of the ſtone a gret ſeaſon/or els an vnclene bladder/wherof he hath had a payne or ſhuting in his coddes:or els hath a ſwellinge aboue his preuye membres: if ye will helpe theſame/then bath him as hote/as they be coſtumed to be bathed/which are greued of the ſtone. After that take milke/ and ſeeth theſame with egges/and drinke theſame bloude warme in the morning and euening/⁊ ye ſhall perceyue very vnclene fylth to auoyde from you/both in the ſieges/and vrine : Do this a fourten night/ and it ſhall auoyde.

If ye will breake ſpedelye the ſtone / that he do bruſe/ take the Goates bloude/put it into a glaſſe / and ſet it in the ſonne to drye:after that braye it ſmall to pouder. Take euerye eueninge to beddeward of the ſame pouder a quarter of an vnce with wine : and of this ſhall the ſtone be bruſed/that it maye auoyde without hurt. And whan it auoydeth now from him/then let him eate both in the morning and euening vpon a ſlyce of bread the ſede of

Perſely/and Grummel or Graye mill made to fyne pouder:but the breade muſt be dipped or wet before in wine. Herewyth is the ſtone hindered to growe any more/for it driueth it out and bruſeth it. Lyke operation hath alſo the bloude of an Hare/and ſpecially when he is drouned in vinegre.

## ¶ A confection for the Stone.

A confection for the ſtone

TAke the pouder of an Hare/burnt in a pott with ſkinne and heere / ſo yͭ nothing be taken from it:of this pouder take an vnce and an halfe/and vj. vnces of hony/& of this make a confection. Hereof take euery morning & euening as much as a cheſt nut/ and ye ſhall finde yͭ the ſtone ſhall breake & auoyde frō you. But if the rubbel or ſharde s of the ſtone do put the to payn/ then vſe that bath/whereof I haue ſpoken before.

Take the rotes of Perſely and herbe/the herbe of Fenel with the rotes/ Dyll with the rootes/Smalage with the rootes/of ech a handfull/ and of eche ſede a handfull:chap the rotes and herbes ſmall/and put them alltogether into a ſmall fyne linnē bagge/ſeth thē well in water yͤ ſpace of an hour/ & make a bath therof/& bath therein. Then lay the bagge a whyle vpon the backe/as warme as ye can ſuffre it/after that vpon the belly likewyſe:after that ſit vpon the bagge alſo as warme as ye can ſuffre it. And of thys wyſe bath in the morning thre houres/at after none two houres/and at night to bedward. Do this thre dayes/and vſe to eate the rotes of Perſely / and the ſede of Smalage/and the ſede of Perſely/of eche an vnce/ make pouder of thē/put thereto two vnces of ſuger/ & when thou wilt depart frō the table/ then dippe a ſlice of bread in wine/& ſtrowe as much of this pouder theron/ as a cheſt nutte. Eat this alſo in the morning faſting/& to bedward : & thus ſhall the ſtone auoyde frō thy without any ſmart or payne/ & ye ſhall make water eaſely. But beware of all thinges that engendre the ſtone.

## ¶ A good commune bath for the ſtone.

TAke a buſhel of Walwurt chapped ſmall/put it into a bagge/ and ſeth it in water/bath in the ſame water nyne dayes/and the ſtone ſhal ſone breake. But if the ſtone is in the bladder/then let him laye the bagge before him vnder his nauel:& if it is in yͤ loynes/then laye the bagge behind at his backe/or els where the ſtone greueth him:this doth eaſe without hurte.

## ¶ A bath to breake the ſtone.

TAke ſixe buckettes of water/put thereto two pounde of Wild or Horſe radiſh rotes ſliced ſmall & beaten/put thē into a bagge/& ſeth thē wel in water in a kettel or pot/then put altogether to the other water: but ye may not bath to hote/nother let the water paſſe your hart/or els ſhould ye ware faynte. It were good alſo he dyd drinke water of Horſe radice/ when he bateth/and alſo before and after the bath:for that alſo driueth out the ſtone.

## ¶ Thys folowyng is alſo good for the ſtone.

Take a kidney of an Hare/burne it to pouder/braye it ſmall/and drinke therof in the morninge and euening/at eche tyme half a quarter of an vnce with Perſely water/or els water of Horſe radice rote. Or els take the rotes of Horſe radice cut checkerwyſe/like to dice/the weight of foure vnces/poure ouer them a good quarte of the beſt wine ẏ ye can get/and let it ſtande a daye and a night: after that drinke thereof in the morning and eueninge/at eche tyme foure vnces. Theſame driueth out the ſtone in the bladder & raynes/preſerueth a man from payne of the bladder and raynes/withſtandeth perbreaking. Some do digge a pott in the grounde / with the Horſe radice roote/the depth of a kne. Or els take commun radice rotes/let them ſtande in the earth/but pare of the vttermoſt croune next to the herbe/and make it holowe/then laye the croune agaynē vpon the roote. If a water be gathered therein/take and vſe theſame: for it is very good for the Stranguria/& for them that do make their water wyth difficultye and droppinge/but ſpecially for the ſtone in the bladder.

## ¶ A good true medecine for the ſtone/whiche is good and approued for commune people.

Take the berries of Iuy/beate them to pouder/and drinke therof in the morninge and eueninge/at eche tyme a quarter of an vnce with an vnce and an halfe of wine. This hath driuen from women ſtones as bigge/ſome as a dowes egge/ſome as Walnuttes/ſome as chaſtnuttes / ſome as fylberts or ſmaler/and that with payn and trauayl.

## ¶ Another true ſcience for the grauel/ when one drinketh therof in the morninge and euenynge at eche time an vnce/ or an vnce and an halfe.

Take the huſkes wherein Beanes haue growen/and burne them to aſſhes: of theſame aſhes make a lie/and drinke it as is ſayd before.

Planteyne ſodden in wine/and dronke/draweth out the ſtone / and auoydeth the diſeaſe of piſſinge/called Dyſuria/beyng ſoddē in a litle bagge/ and layd warme vpon the belly.

## ¶ Of Agues/and fyrſt howe he maye be cured that is ouertaken wyth Ephemera.

Ephemera is a feuer ſo called/becauſe it is apte to be cured in one daye/ but if it is not regarded/turneth to ſundery kindes of agues or feuers. This diſeaſe happeneth ſomtyme of the Sonne heate/whereby the head wareth hoter then anye other membres. Somtime commeth it of exceſſe of colde/ and then becommeth a man rediſh vnder hys eyen/& his body wareth cold outwardly/& the head heuy. Somtime commeth it with ſurfettinge wyth meates or drinkes that be hote or colde/and thereof wareth hys vrine reed. Somtime happeneth it of anger/& then wareth his face reed/and his eyen drawe forwarde/and turne very ſwyftlye in his heade. Alſo doth it happen by heauineſſe and greate perplexitye and aduerſitye/ and then do his eyen ſyncke in his head/and loketh grimly/and hys body wareth feble/ and hys pulſe beateth fayntly.

When the ague commeth by the Sonne heate/ then ſet the pacient a litle in a bloud warme bath the ſecond/or at the laſt the thyrd daye/that he do ſweat therein: After that ſet him in a coole place/and there ſtrowe leaues & braunches of Wylowes/and ſtype Myrte beries in oyle of Violettes/ and ſtrake theſame oyle into hys noſe thrilles/and take oyle of Roſes and vinegre of lyke quantitie/beate them well together/& anoynte his temples & forhead therwith/& the wreſtes of his handes & fete. Geue him to drinke milk of Poppy ſede/made of this wiſe: Put water to yͤ ſede/then beat it/& mixe it with water/yͭ it become like an almond milke/& ſtrayn it through a cloth into a glaſſe/& geue him it to drinke when he wil go to bed/ in the morning & in the day tyme a good draught. He muſt alſo coole him firſt: and whē he is otherwhyles thyrſty/geue him bread ſtiped in colde water to eat/ and he muſt beware of all ſuch thinges as maye chafe him/if he drinketh wine/ let him alaye it well/or let it be ſoure.

If the ague commeth or is cauſed by colde/& that the pacient beginneth to conſume/then ſet him aboue a tobbe with hote water/wherin are ſoddē Camomille floures/Dyll & Baſil: put alſo of that water into a pot/& let the pacient receiue the vapour of it into his body beneth & at the mouth. Or els ſet him in a tobbe with the forſayd herbes/that were better for him: Or els make him a bath with the forſaid herbes/and let him warme himſelfe wel/ after that anoint him well with oyle of Dyll/for theſame is good and conuenient for him.

If the ague commeth by heuyneſſe or mourninge/or a drye occaſiō/then ſet his fete in warme water/vntill his knees/wherein is ſodden Camomill and Dyll/of eche two handfull/and couer the tobbe well/that the vapoure maye ſtryke well into his body/as is ſayde before/and through the mouth. Let his legges alſo be rubbed dounwarde/for that doth him much good/after that let him walke/or vſe ſome other conuenient exerciſe: he muſt alſo beware for taking cold/& eat meates yͭ warme him moderatly/& be good of digeſtion/he muſt alſo beware of eating and drinking vnmeaſurably.

If the ague is cauſed of hote meates or drinkes/then geue hym Orizacra with milke of Poppyſede or Sorell.

When the ague beginneth to fayle/then geue him the ſeconde or thyrde daye to drinke water diſtilled out of yͤ rootes of broade Planteyn/thre morninges one after another/at eche tyme an vnce and an halfe/or two vnces/ and make him an Epithema/that is a medicine vpon the liuer of thys wiſe: take two vnces of Endiue water/an vnce of water Cicory/and halfe an vnce of water of Roſes/mixe theſe together/and dippe towe of Hempe therin/ and laye it vpon the liuer. Let him alſo eate meates of good digeſtiō as are yonge Mottons/Lambes/Chyckens/Hogges fete/and ſuch like. Let him eſchue ſalt meates/and be ſobre in eating and drinking: and after meate let him vſe moderate walkinge or ſtearing/where good ayer is/and ſo ſhall he recouer eaſely and well.

If the ague is cauſed of heauineſſe or greate aduerſitye or diſtreſſe/

then muſt the greſe be taken awaye with frendlineſſe & good conuerſacion with mirth and ſuch paſtimes and recreations/as maye reioyce him / and not longe remayne in one place/but let him abyde wher good ayer is/ & vſe to bath ſomtyme. After yͭ he hath reſted/ & will cloth him/ then anointe him with oyle of Roſes or oyle of Violettes. Let him waſhe ſomtime in warme water/& when he wil cloth him/ then anoynt him as before. Let him alſo be chaſt/& his meates & drinkes of good digeſtion/that do alſo mollify & coole him. He maye not vſe ſtronge drinkes/but Barly water to bedward/the ſame mollifieth and cooleth him:hote meates do hurte him.

## ¶ Of the hote and feruent ague/called Cauſon.

Febris cauſtica is/when the Colera periſheth in the veines that are neare the harte/and them that are aboue in the ſtomake/ liuer and lightes or poulmon. It is cauſed of a feruent heate/and the pacient hath exceding heate and thyrſte. This diſeaſe is of two ſortes: yͤ one is of a ſingle Colera/the other ouertaketh moſte chefelye ionge folke/when their body is drye. When their vrine is ſcommy/then be ſure / that they are coſtiffe and bounde about the hart/and get a great diſeaſe and payne in the head. The vrine of them both is reed/and they waxe feble. Ye muſte purge and clenſe them with pilles or laxatiue/but they muſt be mollified before wͭ ſyropes of Violettes/or ſyropus acetoſus/ and with Electuariū de ſucco Roſarum/or Diaprunis laxatiuus/ſo yͭ they be ſtrong inough/or yͭ yͤ age do not hinder thē/if he hath much vnclene matter in him. If he be greatly thyrſty/ thē geue him otherwhyles Pōgranates or ſorel to ſuck/ & to bedward geue him to drinke ſyropes of Violettes or Roſes/with as much cold water: likewiſe do at none & in yͤ morning/& he muſt beware of ſuch thinges as chafe him:he muſt alſo be let bloud in yͤ liuer veyne. Let him drinke wine/& alaye it well wyth water. His meate muſte be meates of good digeſtion and cooling/nother eate more then nede requireth.

If his belly is bounde/then loſe it with Caſſia fiſtula/ſyropes of Violettes/& Endiue water:make him a cliſter with yͤ iuice of Branke vrſine/ Triſle/herbe of Violettes & Malowes/without the age/the time/ the ſtrength or the region or countrey do hinder the.

If he hath payn in yͤ head/thē make him this ſointment/& anoint his tēples & forhead therewith:take oyle of roſes/the iuice of Porcelain/vinegre/of eche an vnce/beat thē well together/& when ye will vſe it/beat it agayn/and make him a plaiſter therof vpon the forhead and temples.

Take read Saunders/Roſes/Barly meel of lyke quantitie:put thereto as much Roſe water/that ye may mixe the other thinges therwith/ & make a paſt thereof/ & put the iuyce of Gourd therto if ye can get it: This alayeth the payne ſone and well. Or els take Poppye ſede/and beate it verye well/ temper it wyth water/and geue hym alwaye a litle thereof to drinke / and ſpecially in the night:and wett a linnen cloth therin/and binde it vpon hys forheade.

But if he can not ſlepe/thē take Lettice ſede beatē/Almondes beaten/ yͤ iuice of Lettice/of ech an vnce / water of Roſes/oyle of Roſes/of eche halfe an vnce/

an vnce/mixe theſe very well together like a playſter/ ⁊ binde it aboute hys head:and when it is drye/then wett it agayne/and he ſhall fal to ſlepe. And if the payne go away/then geue him to eat Gourdes ⁊ Porceleyne/ ⁊ when he will go to bed/then let him waſhe his fete in warme water/and rub hys legges well beneth dounwarde/and afterward renche them in cold water. After that let him lye doune/and leaue his fete vncouered/ and ſo draweth the heat out dounwarde. Let him do to his handes lykewiſe.

If he wareth faynt in the night for heat/then take water of Roſes/ and halfe ſo much vinegre/in theſame wet two clothes/eche ſo muche as a fyſt/ and geue him thẽ in his hande/tyll they ware hote:theſame draweth out al the heate. Rub the ſoles of his fete therwith alſo ⁊ his wreſtes/for it geueth him good ſtrength. Geue him confecte of ſuger in his mouth/or els confecte of Cheris/or of ſoure Plummes/theſame ſlake his thyrſt.

If a woman were diſeaſed hereof/⁊ were bigge wyth chyld/ the forſaid medecine might be geuen her wel inough without danger. But if one were thus diſeaſed/and a yexing toke him/or a goute/and it laſted foure ⁊ twenty houres or more/that is a ſure token of death.

## ¶ Of chylderen diſeaſes.

MOrbilli and Variole is a diſeaſe that noyeth childrẽ greatly/ called Pockes and Maſers. They that haue the Pockes/if ye geue them water wherein Rew or Herbe grace is ſodden with Fumitorye to drinke / it doth helpe them without dout. Great inconuenience get chyldren with theſe diſeaſes/and ſpecially the Pockes:for they ſtraye ouer all the bodye / and the eyes alſo/and when theyr eyen do itche/they ware lightely blind therof. If ye will ſaue them that they ware not blinde/hange the rootes of Rew and Scabioſe at their necke/and they ſhalbe ſafe.

## ¶ Of the dayly ague or feuer quotidiane.

THe ague or feuer that taketh a man euerye daye / is cauſed of Flegma/ when it falleth into the bloud and veines/thẽ doth the ague ſhake one/ and the colde is great. But when it is without the veines/ then hath the pacient colde euery day/and the ſhakinge nor froſt is not ſo great. This ague haue moſt communly aged folke/and ſuch as are colde or moyſt of complexion. It taketh them alſo chefely/that are ydle/and vſe exceſſe/and ſpecially them/that eat or drinke out of ſeaſon / wherewyth engendre wythin them many colde humors.

When the pacient is very thyrſty/and his body is drye/then is his ague cauſed of ſalt flegma/wherfore geue him ſuch thinges/ as drawe out moyſtnes/and ſet his fete in warme water/wherein are ſodden Dill and Camomille:and when hys fete are dried agayn by themſelues/ then take ſalt and oyle of Violettes/of like quantitie/and rub the ſoles of his fete therewyth. He muſt be purged alſo wͭ ſuch medecines/as purge flegma: for if the paciẽt is diſeaſed by the flegma/then is the diſeaſe more durable.

He that hath the dayly feuer or ague/nother can be quit of it/theſame is a token/that he hath corrupte bloude in his backe. To eaſe theſame/were it good to ſet horſeleches to his backe/his legges & armes neare to his hãdes.

## A good drinke for the dayly feuer.

Take the barkes of Miſcelden growyng vpon okes half a quarter of an vnce/geue him yͭ beaten to pouder to drinke wͭ a quarter of an vnce of Aqua vite/while the ſhaking is vpon him:theſame driueth away yͤ iaundis frõ him/& alſo the whirling in the head. Wherfore ſaith Hipocrates:he yͭ maketh Miſceldẽ to pouder/& taketh it wͭ Aqua vite/theſame driueth awaye yͤ dayly feuer/or els yͤ iaundis/yͤ whirling in yͤ heade & the feuer Hectica/that is/a ſatled feuer or ague/wherewith yͤ men do whyrle and be diſmade.

A good drinke for the Quotidian or dayly feuer.

The Tertiane or third dayes feuer commeth of the heat of the liuer/ the Quartane or fourth dayes feuer cõmeth of Melancoly/yͤ colour of his vrine is like water and clere. But the colour of the Quotidiane or daylye feuer is moſt parte reed and clere. The colour of the Tertiane vrine is reed & thyck.

These vrines haue moſt part a litle fome in the circle lyke Percely: But the fome of the Tertiane/yͭ cõmeth of yͤ liuer/is ſomthing yalowe/becauſe it commeth of the heat of the gall. His mouth is bitter/and his face reed colored/his vrine is thinne. Anoynte his heade wyth oyle of Roſes and vinegre mixte together.

This folowyng is alſo very good agaynſt yͤ dayly feuer: Take Euphorbium made to pouder the ſixtenth part of an vnce/tempered with an egges ſhell full of Aqua vite/geue the pacient this thre dayes together to drinke in the morning faſting:theſame purgeth the ſlyme/wherby the ague hath hys nourture. This ſlyme may be voyded of this wyſe alſo:Take the rote of an Elder tre/waſh it well & clene/then pare the vpper ſhell ſoftly from it/ after yͤ ſhaue of yͤ other ſhell vntil yͤ wood or hardnes/a quarter of an vnce/bray yͤ ſmall/beat it wͭ an egges ſhell full of Aqua vite/& geue it yͤ paciẽt. Or els ſeth of the inner ſhell or barcke of Elder tre a hand full in a quarte of ale or bier/ till the halfe be ſodden awaye and drinke that/this is experimented.

He that hangeth the roote of Valeriane grene at his necke / if ſhe ware ſere/then goeth the ague from him.

He that feareth/he ſhall get the ague/let him ſwalowe in thre cornes of Coriander faſtinge/and it ſhall go awaye:and let this be done before the ague fall vpon him.

If he ſhall haue colde wyth it/then is it good alſo to take thre rootes of Veruayne/and thre leaues of it/ſodden in wine/and dronke before the cold do ouertake him/and he ſhalbe quit of it.

He/whoſe feuer cõmeth of Melãcoly/his vrine is firſt whyt/ afterward black/when nature beginneth to digeſt. He yͭ hath this diſeaſe/ let him eate freſhe meates/and purge him ſelfe twyſe euery weke wyth leaues of Sena tre made to pouder/and taken in the morninge and eueninge at eche tyme a quarter of an vnce wyth a peaſebroth. Geue him alſo to drinke of thys ſyroppe folowynge as ofte he will: Take a handfull of Cicory rootes/and a hande full of Cicorye floures / and two leaues of Hartes tounge/ſeth them wͭ a quarte of water tyll the third part be ſodden away: thẽ ſtreyne it through a cloth into a pot/and put an vnce of ſuger thereto. Thys ſyrop is very good in ſommer/for it clenſeth the bloude/and ſlaketh thyrſte/and cooleth wel/it mollifieth alſo the harde matter/that is gathered about the hart of congeled bloud/wherof do ſomtyme grow apoſtemes or conſuming coughes:it driueth awaye iaundis alſo/and mollifyeth ſieges that a man maye the eaſyer haue thē. But if hys heade woulde ake/then geue him pilles that purge the heade/as pillule de iera picra/or pillule Cochie.

## ¶ An approued ſcience for the ague/it riddeth a man oft in thre dayes.

An approued ſcience for the ague.

TAke the rotes of Celendine/chappe them ſmall/and braye them whyle they be grene. Take as muche thereof as a walnut/ſteare them wyth a diſhe full of warme mylke or wyne/or wyth a diſhe full of warme peaſe broth: thys oughte to be done in the morninge faſtinge/and refrayne from eatynge and drinkinge/foure houres after:and if he can go/let hym walke vpon it. The nexte daye geue hym Diacartami/halfe an vnce or more: but if he hath greate heate/then geue hym Diaprunis laxatiui halfe an vnce or more/and if hys ſtrength can beare it/geue hym halfe an vnce Electuarij de ſucco roſarum.

Signes of an ague come of Flegma.

If the feuer is come of Flegma/and the pacient is aged/and the ſeaſon drye/or yet colde and moyſt/and hys pulſe in hys arme beateth ſlackly/and hys vrine is muche and whyte/he alſo is greately thyrſtye: theſe are ſignes of the ague that commeth of Flegma. Geue to that pacient the iuyce of Clarye/the iuyce of Smalache/the iuyce of Fenell made lyke an Electuary. Let not the paciente eate nor drincke/whyle he hath colde or heate. After that geue hym a litle meat/that warmeth meaſurably:the nexte daye geue hym ſom meat good of digeſtion/as ſmall byrdes/and ſuche lyke/lette hys drinke be clene wyne. Or els geue hym Diacartami halfe an vnce or thre quarters.

Item ſuppinges of Amilum made with cow milke/⁊ a litle ſaffron comforte nature/⁊ geue a good coloure/and ſtrengthen the pacient. Likewyſe maye ye make him Rice potage. If he is ſore cooled and febled/thē ſeth him a diſh full of Cumin/wyth a yolke of an egge/theſame maye he drinke colde or warme/that ſtrengtheneth hym very well.

## ¶ For the Iaundis.

HE that hath the iaundis/muſte beware of all meates or drinckes that coole him/for they hurte him. But if the iaundis doth greue him/then make hym thys drinke: Take a peny weight of beaten Saffron/and a penny weight of Ancolye beaten alſo/put them into a porenger or wyth vinegre/and ſteare them wel together/put alſo a litle wine and water to them/that it maye be thynne inough:then let it be dronke faſting/and it breaketh the iaundis withoute hurte.

But if the diſeaſe woulde differre/and the iaundis woulde not voyde/wherby the paciēt could haue no ſtomake:if he be ſtronge inough geue him

Rebarbara made to pouder/temper it with a freſh Peaſebroth/and let him drinke it agaynſt the daye breake. If he hath ſtrength/ then let him walke after it/and holde a toſted pece of bread before his mouth/and faſt two houres vpon it. Thys purgeth Colera an Flegma/whereof come the ague and the iaundis: or els wydeth it the ſtomake aboue / whereby the ſtomake is clenſed of ſlyme and the iaundis.

But if he could not do it/or that it dyd yrke hym to take the Rebarbara/ then geue hym halfe an vnce of Diaſene / the one halfe at nighte/the other halfe in the morninge/and let thys be beatē wyth a Peaſebroth/or els ſwalowed in wyth a roſted apple or ſoure thynge/theſame purgeth alſo.

But if hys head dyd ake of colde/then anoynte hys heade/forheade and tempels wyth oyle of Camomille/and put into his noſe oleum benedictum/ and a litle into hys eares alſo/and make him a fote bath with floures of Camomille/theſame chafeth the bloude and heade very well.

But if he hath a moyſt heade/then cauſe him to niſe/and let hym take the roote of Piretrum/that is Walworte in hys mouth/and chawe it: the ſame draweth out the moyſtneſſe out of the heade/and geue hym Cinamō/ Coriander/Zeduaria or Nutmegges to eate.

It is good alſo/that he that hath a colde ague/which hath laſted longe/ wherewith a man is greatly cooled/that he ( I ſaye ) be well anoynted the back/the loynes/and the belly wyth oyle of Bayes/and oyle of Iuniper of eche lyke muche agaynſte a good fyre/that it be well rubbed in. Do this in the morninge and eueninge/for it chafeth the veines and wythſtandeth the ague.

## ¶ Another true ſcience agaynſt the ague.

TAke the grene braunches of Elder/ and pill the vpper ſhell of/ and take the nexte grene ſhell/braye it well/put halfe ſo muche good vinegre thereto/mixe that together/ then ſtrayne it through a cloth/ and drinke halfe an egges ſhell full thereof faſtinge thre mornings: theſame dryueth awaye the ague wythout hurt.

## ¶ An other proued ſcience for the ague/that hath laſted longe/ſpeciallye when a man hath gotten it of an euell ſtomake.

TAke alſo the braunches of Elder/the former parte/ pyll the vppermoſt ſhell ſofftely of/after that ſhaue of the grene / cut that ſmall/ and braye it well in a morter/put as muche vinegre thereto / and braye it therewith/ſtreyne it through a cloth in a glaſſe/ and geue a pacient thereof thre morninges faſtynge/at euery tyme a ſpounful to drinke/and let him faſte ſixe houres vpon it. Thys voyded the ſtomacke well of the agues occaſions.

He that hath the diſeaſe that commeth of hote bloude / hys heade doth ake/he is hote and heauye/hys temples are ſwollen / and hys eyen ſtande forwarde. He is not thyrſtye/and in the night appeare before hys eyen read thynges/hys pulſe is ſwyft/and in hys ſlepe do all his veynes beate ſore. He that is ſo diſeaſed/ought to be let bloud in the lyuer veyne in the arme/ and the next in the right hande vpon the thombe in the veyne of the head / and the ſixt daye betwene the litle finger on the right hande in the harte veyne/ and the nynth daye in both the fete without/aboue the ankles/nother muſt he let to muche bloud in any of the veynes. But it muſt be conſydered whether he hath ſtrength inough/whrther the age is cōuenient for it/and whether the ſeaſon doth agre to it.

If anye thynge ſhoulde hinder the letting of bloud/then muſt his bloud be cooled wyth theſe thynges/namely wyth water/wherein is ſodden Pſyllium/that is Flewurt/and wyth a litle milke of Poppy ſede/ this oughte to be geuen him to drincke. Geue him alſo a ſyrope of Violettes/and water/ where in are ſodden black Cheries.

But if his belly were to harde/then ought it to be mollifyed herewyth: Take Barly a good handfull brayed/and ſeth it in a pint of water/put ther to a litle butter/and a litle ſalte/and a litle Saunder/mixte wyth a litle ſuger/and geue him otherwhiles a ſlyce of bread/that hath ben ſtiped in that water: theſame mollifyeth his body and bloud/nother oughte he to drincke any other wyne/then that be ſower/and well mixte with barly water. Lay otherwhyles vpon his nauel butter/as bigge as a beane/ and laye a thinne diſhe vpon theſame/tyll the butter be ſaked in. And if ſtrength can beare it/ and that it doth not greue him/then geue him a purgacion with a confecte de ſucco roſarum/and geue him the night before ſyropes of Violettes / that he maye be mollifyed before/and he ſhall haue eaſy ſieges.

But if he hath heade ake/then anoynt his heade herewyth: Take halfe an vnce of oyle of roſes/a quarter of an vnce of vinegre halfe a drame of Bolus armeny made to pouder/mixe them well together/and anoynt his forhead therewyth/and his temples and throte. Then take a diſh full of colde water/and put therein as muche vinegre/ and wette a cloth therein/lyke a bande of thre fingers/wringe it out/and binde it about hys forhead & temples. And take two clothes/eche as bigge as a fyt / and wette them therein alſo/and geue hym alwayes one in hys hande/tyll it waxe drye. Wette yet two clothes therein/and binde them about his fete: and whē they are drye/ then wet them agayne. This cooleth the bloud/draweth out the euell heat/ whereof commeth the headake. But if the headake will not go awaye/ nor aſwage / then marke by hys vrine and all hys beaucoure/whereof it commeth him/and vſe theſelfe toward hym/as is taught ſeuerally before of the head ake.

It is to be noted/that if the head ake commeth of the ſtomake / then is he more diſquiet after meate then before: Him maye ye helpe of this wyſe: Purge hys ſtomacke wyth a laxatiue/after yͤ muſte he be meaſurable with eating and drinkinge/accordinge to his complexion. But if the headake be becauſe the pacientes braynes are to moyſt/then is he more vnquiet faſting then after meat. If the moyſtneſſe of the braynes is of colde/ then geue him ſomthynge that warmeth the ſtomacke meaſurablye/and the pacient muſt beware of all thinges that coole/and muſt kepe hys head warme.

¶ An experimented ſcience for the feuer quotidiane or dayly feuer.

Take the beſt Aqua vite that ye can get/halfe a pounde/put therein the whyteſt many of Walwurt that ye can get two vnces/lette it ſtepe there in thre dayes / and geue the paciente thereof to drinke. But marke well / if it woulde chafe hym to muche / then temper him the drincke wyth a litle other wyne/ or drinke/and geue hym somtime Manus Chriſti.

## ¶ A medecine for many kindes of feuers or agues.

Firſte prepare ſuche a draught: Take clenſed and waſhen Barlye two vnces, black Ciche peaſen an vnce/Licorice pared ſmall an vnce/grene or ſeer Fenel/a handfull/thre or foure leaues of Hertes tõge/two or thre leaues of Wormwod/two or thre rotes of Pimpernell: let al this be ſodden in thre quartes of water/tyl the barly doth ſwell/and if the water doth conſume in ſething/then poure more water in to it/ſo that there remayne about two quartes and an halfe of water. After that ſtreyne the water through a cloth/and kepe it. Of that water muſt the pacient drinke both daye and night when he is thyrſtye/ſaue onely whē he looketh for the ſhakinge: for then muſte he nether eate nor drinke/withoute great neceſſitie conſtrayne him. And when the water is fayled/ then make more.

## ¶ Howe a man ſhall behaue himſelfe that is thus diſeaſed.

Of thys wyſe muſt he guide himſelfe that is diſeaſed of thys ſyckneſſe: he muſt beware of cheſe/milke/porke and freſhe befe/of all frupt new or olde. Let him eat potages made wyth Bethes/Spinage/Otmeel/Barly/and alwaye put a fewe Almondes beaten thereto: on fleſh dayes a quarter of an Henne/or Chikens ſodden in water/with Percely / and foure leaues of Lettis. He muſt beware alſo for moyſt meates and ſurffettinge. On fiſhe dayes let him eate Crabbes or Perches/ ſomtime an egge potched in water. Let him drinke no wine/without it be at meale tymes/ and that ſoberly/and mixte with ẏ aforeſayd Barly water/or clene water/if the made water were agaynſt his ſtomake: but out of meal tyme let him drinke none other water nor wine/then the aforeſayd.

Hovve the diſeaſed of a Feuer ſhall behaue him ſelfe.

When a man knoweth that he ſhall haue the ague/if it is at after none/ then maye he eate ſomwhat in the morninge about ſixe of the clocke/and tary ſo/tyll the heat hath forſaken him. If it ſhall come before breakfaſt / then let him not eat/tyll the heat be paſt.

Some agues there be/in the which it were good to let bloude after the third daye/accordinge to the pacientes ſtrength/and the ſeaſon.

This is now ſpokē of the commune agues/and of the Tertiane or third dayes feuer/though there be many kindes of it.

If a man hath vſed ſuche water/as is ſpoken of before/then let him beware of exceſſe of meate/and take faſtinge the herbe/ or the herbe made to pouder/called Centaurea/in Engliſh Centory/ the bigneſſe of a walnutt or cheſt nut, tempered wyth wine/and he maye drinke a litle wyne vpon it/to tempere hys mouth of the bitterneſſe. And thus maye he remayne that day. In the morninge/and the two dayes folowyng/let him take thereof in the morning the bickneſſe of halfe a Walnutt/wyth thre leaues of Rue or herbe grace/and as much Triacle/as a peaſe/ and muſte drinke vpon it water of Celendine/mixte with the water of whyte thyſtle/called in Latin/ Carduus Marie/or els water of Celendine alone two vnces. After the thyrd daye let him take of the foreſayd pouder agayne/whether he be amended or not/ and vſe it foure dayes continuallye/ and behaue him ſelfe in dietinge/as is ſayd before: and it is to be hoped that he ſhall recouer/or els ſhall the ague turne to another kinde of feuer.

## ¶ Of the Quartane/that is fourth dayes Feuer/ which can ſcarſely be healed.

The dietinge and ordering in eating and drinkinge ſpecified before/ muſt be conſydered/and then marke what tyme the colde ſhall come: for the Quartane commeth not equaly/and vexeth a man somtyme more/ſomtyme leſſe/and then doth it reſt two dayes. When ye knowe the houre of the aſſaultinge/then take of thys drinke folowynge: Take Fenel a handfull/thre or foure leaues of Wormwood/ ſeth theſe in half a pint of wyne vpon a ſoft fyre/tyll the thyrd part be ſodden awaye. Then take it from the fyre/but let it remayne warme. And when a man perceyueth the aſſaultinge of the ague/ then let him not reſte/but ether walke/or cauſe him be led wyth the armes. In the forſayd wyne ought to be put half an vnce of hony of Roſes/and then drinke a litle glaſſe full thereof/& walke and ſteare him ſelfe without ceaſynge/ſo long he can/ye if nede is wyth the ſtaye of other/ſo long tyll the colde miniſheth. Then let him lye doune / and be well warme couered/that he do euen ſweat/and ſlepe if he can/ whiche he might happely do with werrineſſe and faintneſſe. When yͤ heate is gone then let him riſe/and take meate if he liſteth: if not/and that he thyrſteth/let him drinke of the forſayd water in the morning/and he ſhall amende/ & get a ſtomake.

Communely when men haue dronke the foreſaid drinke/then haue they the ague more feruently then before: but let no man be afrayed therfore/nor deſiſt/before he hath taken it fyue tymes. For he falleth to an amendement and lightening/ſaue the firſt daye / withoute he do miſguide himſelfe/as is ſayd before.

### ¶ A drinke for the Quartane.

Take clenſed Barly halfe a pounde/reed Chick peaſen half an vnce/ the herbe of Fenel and Mayden heyre/of eche a dram/yͤ leaues of Hertes tounge/Rue and Wormwood of eche a dram/Licoris a quarter of an vnce or a drame: ſeth all theſe in a pottel of water/ſo longe/tyll a pint is ſoddē awaye. Then ſtrayne that water through a cloth/and kepe it. Secondely put thre pintes of water to the forſayde thinges/and ſeth them tyll the Barlye ware groſſe/and then ſtreyne it agayne. Thyrdly take agayne thre pintes of water/and ſeth it agayne tyll the barly do burſte / ſtrayne it agayne as before: then putte all the waters together/ and geue the paciente thereof to drinke when/or howe muche he will.

Item thre dayes oughte he to drinke euerye morninge a litle glaſſe full of the forſayd water/and a litle Triakle/ether with or without the water/ as he can beſt take it.

If that will not helpe the pacient/then take thys folowynge/and make him a drinke of it: Take the herbe of Fenel halfe a handfull/wormwod half ſo muche/ſeth them in ſtronge whyte wyne/tyll the wyne be halfe ſodden awaye. Then ſtreyne it through a cloth/and put it into theſame ſo much honye of Roſes as ye will. Of this wyne ought the pacient drinke a litle glaſſe full/before the ague commeth vpon him/and walke vpon it as long he can. After that let him lye doune and couer him warme/that he maye ſweate. But he muſte beware that he eate not foure or fyue houres before the ſickneſſe do ouertake hym.

Auicenna in the fourth boke de cura Fabrium/ ſayeth generallye/that him that hath the ague comming of the gall/maye be miniſtred cold water: for it doth helpe to digeſt an conſume the gall. But ſuche water ought to be miniſtred in due ſeaſon/when he is in good temper/ that is/ nether to hote/nor to colde. Galen ſayth that a dramme of Centory made to pouder/and taken with whyte wine thre mornings faſting/ cauſeth good digeſtion. It is good alſo for coſtyffneſſe and olde coughes/ as ſayth Platearius.

A commun rule for agues cōminge of the gall.

The ende of the Homiſh Apotekary or
Homely Phyſick.

To slake thurst 8

it then barley, for they love barley, & take it. Ther commeth of no other meat greater plenty and better mylke then of cytisus: nether is ther any better medecine then the same for cattell taken all manner of wayes. He commaundeth also the same to be sodden in water, when it is dryed, & to gyve the decoct or broth of it with wyne unto nurses, when they want mylke: and he sayeth that thereby the childer grow greater and longer. Paulus Agineta wryteth that cytisus is a warme and temperate nature, as the mallow is, and doth lyghtly dryve away

## Of Lauriell or Lowry

Daphnoides

Daphnoides is called of sume Herbaries laureola: in englishe lauriel, or lowry, or lorell. I never sawe the tree of daphnoides in Germany wherefore I know not his trew Duche name. Daphnoides is a bushe of a cubyt hyght and hath many braunches, whiche are toughe, and bow muche: and in the toppes they are full of leves. The barke that covereth the bowes is exceedyng toughe & harde to breake. The leves are like a bay or a laurell tree: but they are tougher whiche sette in fyre theyr mouthes that taste them. The flowres are whyte. The bery when it is rype is blak: the rootes are nothing worth. It groweth in mountaynes & hylly places, hyther to Dioscorides.

Sume abuse the beryes of thys bushe for mezereon, sume for coccognidium, Thys bushe groweth comonly in Englande in heges, as beside Cambrydge barkway, and at Seon I have seen it growynge

## The Vertues of Lauriel

Laurielles leves ether grene or drye dronken draweth by the belly watery fleme: provoketh flowres: and maketh a sma vomit, the same chewed in the mouthe bryngs furthe fleme that waye, and it maketh a man nese, xv, of the berries dronken make a purgation.

Daucus

Daucus alter

Pipenella maior

Pipenella minor

is no lykenes betwene the lefe of a dock, and tame or gardin radice.

Therefore seynge that Dioscorides maketh the leues of the wilde radishe lyke unto the leaues of the gardin radice and to lampsana, whyche I take to be a kynde of carlok, thys herbe wyth the dockes leaues can not be radix sylvestris. The same Dioscorides writeth that the wilde radice hath a smale tender or softe route, and somthinge sharpe or bitinge as the common Greke texte hath, but better textes haue in stede of malache, makra, that is longe. But the red cole, whych manye of the Germaynes take for wilde radice, and Armoracia hath a great and a very sharpe or bytinge route, wherefore it can not be radix silvestris Dioscorides.

Nowe it wil be requyred of me, what I do take for the wilde radice: surelye I take for it an herbe whych is named aboute Weissenberg, where as I dyd dwell, Weissen hederich, and of som Wildt rettich: this herbe growith alwayes in that country amongest the rapes: it is very lyke the carlocke, but it is lower, & it hath a white floure, and a smale route, but somthing of the taste, and somthinge of the forme, & somthinge of the form of the longer radishe: the leaues are cut & indented as the gardin radice leaues are, and somethinge smother, then the carlockes leaues. It appeareth that Pliny toke thys herbe for lapsana lib. XX. cap IX. and falsely set it among the kyndes of radice, for Pliny in diuerse places, nameth it radice, that he shoulde name cole, as he doeth in the eleuenth boke, and thre and twentigest chapter, and in the sevententh booke, and four and twentigest chapter, and so it appeareth that he taketh cole also in the stede of radix, and confoundeth the one with the other.

The wordes of Pliny that make me iudge thus of him are these, Inter sylvestres brassicas, lapsana, est pedalis altitudinis, hirsutis foliis, napi simillimis nisi candidior esset flore. I moued with these wordes with Pliny a greate while toke wilde radice or hederich, for lapsana, but after more diligent examinacion, I founde that it was radix silvestris in Dioscorides, that lapsana was an other herbe.

### The Vertues of radice or radish

The radice bredeth wynde, & heateth: it is pleasant to the mouth, and well for the stomack. It moueth belchynge and maketh a man make water, and is good for the belly, that is to make a man go to the stoole. If it be taken before meat, it holdeth up, wherefore it is good for them that wolde vomite, if it be taken before: it quikenneth the wittes & senses, it is good for an old coughe, & for them that brede grose humores in theyr brestes, if it be sodden & eaten. If the barke of it be taken with honied vinegre, it stireth vomit the more. It is fit for the dropsey. It is also good to be layd upon them that are diseased in the milt, with hony it stayeth freting sores, & taketh awaye bleue markes it helpeth them also that are bitten (bitten) of a viper or adder. It filleth up with heyre agayne the places that ~~have~~ bared with scaldnes: and with the mele of darnell it wasteth awaye freckelles. Both in meat & drinke it is good for them that are allmoste strangled with todestoles and bringeth women downe theyr flowres, the sede stireth on to vomit, and maketh one pisse well: the same dronken wasteth the milt: it is good by the squinsy, if ye seth it with honied vinegre, and gargle with the broth of it, beynge hote in youre mouth: it is a remedye agaynst the biting of the beast called Cerastes, if it be dronken with wine. The same layed to with vinegre, doth mightely stouse away gangrenes, or extreme hote sores.

## The Nature of the Wilde Radice.

The wilde radice heateth & provoketh a man to make water, & it is full of heat, the rootes & leaves are sodden and eaten after the maner of other eatable herbes.

Oute of Galene

The radice is hote in the thyrde degre, & drye in the seconde, But the wilde is the stronger in both those qualeties, wherefore there seemeth to be a fault in the text of Dioscorides, where as he hathe υποθερμις because, also Dioscorides sayeth his self afterward, θερματικη εστι καὶ καυματωδης.

The sede also is stronger than the herbe it hath the powre to make rype: & therefore it is good for bruised, & suche like bleue places. Toscanes men or citizens use to eate radice raw, wt a salte sauce lyke salte fishe bryne, without vinegre, at the beginning of theyre dynner or super to make theyr bellies soluble: I marvel not onely at unlearned, but also at Physicians, which eate radices after supper, & that rawe to helpe their degestion: they saye that they have experience that it will do so: yet for all that theyr hath bene no man which hath folowed them without hurt: hetherto Galene.

## Of the Rape or turnepe.

Rapum named in Greke γογγυλις, and is called in English of them of the South countrie turnepe, of other countrie men a rape, in Duche rubē, in Frenche naveau, in Spanishe nabos, in Italian rape.

There are thre kindes of rapes, one gardin rape whiche is rounde and very greate, & an other gardin rape whiche groweth oute abrode, as Pliny writeth, & the thyrde which is called the wilde rape, & it renneth further a long.

Theophrastus divideth the Rape into the male, and the female, and writeth that they grow both of one sede, and that the rapes sawen, & set thicke together, grow al into males, & if they be thinner set, they grow into females, where upon a man may gather that the great headed ones, are the females, & the longer & smaler headed, are the males, because thicke setting of headed rootes commonly maketh them small, & the thinne setting, maketh them greater, as the fat grounde also maketh greater, & the leaner grounde the lesse & thinner.

The

The great rounde rape, called cōmōly a turnepe growethe in very great plenty in all Germany, & more about London, then in any other place of Englande that I knowe of: but the long rooted rape, groweth very plentefully euenly a litel from Lenne, where as muche oyle is made of the sede of it.

The Garden rape is so well knowen that it nedeth no description, & therefore Dioscorides doth not describe it.

And although Dioscorides doth describe the wilder rape, yet coude I never fynde any herbe that aunsered to it in all poyntes unto that description. And though I folyng my maisters, have thought yt the common rapuncel should be ye rapistrū or rapum sylvestre, yet after more streit examinat~~ion~~cion I founde yt the descriptiō of Dioscorides in diuerse poyntes dyd not agre wt it.

The Vertues of the Rape

The root of rape sodde, norisheth, bredeth winde, & maketh a louse fleshe, & stireth a man to Venery. The broth of rape is good to be poured upon gouty membres, & kybed or moolde heles. But ye rape it selfe, broken, & layed to, is also good for the same purpose; if ye make an hole in the rape, & put in it the cerat of roses, & set it in ye ashes until it be molten, it is very good for the kybes or mooles yt haue the skin of. If ye eat sperage wt rapes, then it wil prouoke a man to make water; the sede is very mete to be in preservatiues & triacles, & such composiciones as stanche a lysse ake. The same dronken, is a present remedy against poysones a deadly drinkes. The same sede of rapes stereth up also the pleasure of the bodye; the rape layed up in bryne, norisheth lesse, but it maketh a man to haue an appetite for meat. Dioscorides maketh no mention of any nourishment, yt the wild rape shoulde gyve, but that it serveth for scouring oyntmentes, & sopes, for the beautyfyeing of the face, & other places of the body.

Out of Galene.

All that standeth out of the grond, is fit to be eate, as an eatable herbe, ye roote which is in ye grounde, is harde and not mete to be eate, but whē it is sodden in water, it is merveil, if any of the lyke kyndes of herbes nourish lesse, it maketh a juice in the body grosser then measurable: wherefore if a mā eat of it out of measure, it engendreth a raw juice, specially if the stomack yt receyveth it be weyke: it requireth long sething, and that is moste to be commended that is twise sodden: if it be taken somthing to raw, it is harder to digest, & it it is full of winde, & hurtful to the stomacke, & somtyme it gryppeth or biteth the stomache.

Out of Simeon sethi.

The rapes are hote in the seconde degre, & moyst in ye first, they nourish sufficiently, & provoke urine, & engendre much sede, & swage ye roughnes of ye throt & breast. If they be eate wt salte & vinegre they stere up an appetite: Rapes of a certayne propertye that they have by them selves, are good for the whyt flaw, & such lyke diseases of the nayles

Out of Auerrois

Rapes are hote, & moyst, & brede winde, & stere up pleasure of ye bodye, because they heate the kidnes, & they have a marvelous propertye to lyght the eyes, or to make the eye syght clere

Ex Crowfort herigua a Gollonde

Ranunculi
prima species

Ranan-
Ranunculus
sativus

Ranunculum
tertium

Ranunculum
quartum

These 4 figures occupy the whole of the reverse side of page 113

Ranunculum quintum

Ranunculum sextum

Ranunculum septimum

Ranunculus is called in Greke Βατραχιον, in englishe, crowfote or kingcup, or in som other places a gollāde, is named in Duche hanenfus. There are many kindes of crowfotes, but they have all one strength, that is bitynge, & very blystering: one of them have leaves lyke unto Coriander, but broder, something whiteshe and fat, a yelowe floure, and sometyme purple, a stalk not thicke, but of a cubite heyght, a litle roote, whyte, whyche hath litel stringes, lyke smale thredes, cominge out after the maner of hellebor, or nesewort, it groweth besyde rivers: there is also an other kynde whyche is more hory, and with a longer stalk, which hath many cuttinges or jagginges in the leaves, & it groweth much in Sardinea, and it is very sharpe.

sharpe, and they call it also wilde persley). The thyrd kinde is very little, and ~~it~~ hath a grevous smell: the floure of it is lyke unto golde. the fourth kinde is lyke unto it, with a floure of the color of milke.

Besyde these kindes of Crowfoot, which Dioscorides hath here described: there are fyve other kindes of ye least, whereof the first kinde hath round and somthynge indented leves lyke unto tenhowe, with a roote verye rounde havinge littel tassels, in that place that is next to the grounde lyke a leke. This kynde groweth plentiously in my orchard at Wyssenburg.

The seconde kinde hathe leves lyke the head of a lance, and it is called of som lanceola, & in som places of England, Spere Worte, it groweth alwayes in moyste & watery places.

The thyrd kinde is lyke the common sort in all poyntes, savinge that it is so swete, that it is eaten as a sallet herbe about Menty in Germany where it is called small wort, and suels hanafuls.

The fourthe kinde is one of the two with a white floure whereof the one groweth in woddes & shaddish places, in April, and the other kinde swimmeth above the water in pooles, for the most parte of summer: for when as Dioscorides maketh but one kinde of Ranunculus with a white floure, the one of them therfore before named, must be none of his Ranunculus but an other

The fyfte kinde is it that may be called for the great nombre of leaves yt it hath in the floure Ranunculus polyanthos, & I do not doute, but beside these, there are yet mo kindes of Crowfoote, then Dioscorides hath made mention of.

### The Propertye of Crowfoot out of Dioscorides

The leaves & tender yong stalkes, if the be layd unto any place, do make blistres and a scabby crust with payn: it taketh away rough scabby nayles, and the scabbes themselves, it putteth awaye also printes of woundes & little markes like prickes, also if they be layd to, within a little whyle they take away hangeing wartes, & suche as have the form of pysemires, and they take also away the head, it is good to washe the mouldores of ones heles, with the broth of it. The drye pouder of the roote in ones nose, provoketh nesing, & if it be layd to ones toth, it will ease the payne, but it will breake the toth.

### Of the bushe called Rhamnus

Rhamnus is a bushe that groweth about hedges, & hath twygges that grow right up, and sharpe prickes, as the hawthorn hath, it hath littel leaves and somthynge long, and somthinge fat & softe, there is an other kynde that is whyter, & the thyrde kinde hath black leaves, and a broder, with a certayn light rednes, and roddes of fyve cubites high more ful of prickes, but the prickes are weaker and not so stiff, but the fruit is brode, whyte, thin, and as it were little vesselles made to holde sede in, lyke unto a whorle

Of these.

Rhus

Of these thre kindes of Rhamnus when I was in Italy, I sawe but one kind, that is the thyrd kind, which hath the round leaues, where as I sawe it, it was called Christes thorne, as though Christe had bene crouned with rhamnus, I never sawe it in Englande, and therfore I knowe no Englishe name for it.

But, it maye be called Christes thorne, or bucklaes thorne of the fashion of the fruyt or rounde rammes, of the brodnes of the leaues in comparison of the other two kindes, it groweth in the mounte Appennine a litel from Bononye: Matthiolus setteth two kindes furth that I never sawe.

### The Vertues of Rhamnus

The leaues if they be layd to are good for wild fires, & greate hote inflammationes, som holde that the bowes of it set at mennes dores, or windowes do dryue awaye sorcery, & inchantementes, that wyches & sorceres do use, agaynst men

### Of the bushe called sumach out of Dioscorides

Rhus is called of the arabianes and apothecaries Sumach, it may be called in Englishe also. the Sumach which is used for a sauce unto meates, which som call rede: is the fruyte of the lether Sumach, whyche hath the name of lether, because men use it to thicke lether therewith: it is a litel tre growinge in rockes of two cubites hyghe, wherin are longe leues, somthinge redish, indented roundabout lyke a saw, the fruite is lyke unto small clusters of grapes, of the bignes of a turpentine & a litle broder

### Out of Galene

Sumach is a busshye shrub, and doth binde together and drieth, for the lether dyers, or tannares use this same bushe to drye and to binde together.

together, the physicianes use chefeley the berryes thereof, and the juyce whyche is of a verye tarte taste and byndinge with all, it is drye in the thyrd degre, and cold in the second.

Thys Sumach that Dioscorides and Galen maketh mention of, groweth in no place in England, or Germanye that ever I sawe, but I have sene it in Italy, a litle fro Bonony in the mounte Apennine, it may be called in English Sumach, as the appoticaries & Arabianes do

## The Vertues of Sumach

The leaves have a byndinge powre, & serve for ye same purpose that Acacia serveth for, the broth of them maketh ones heyre black, and they are good to be poured in, or to be sitten over, or to be dronken for the bloody flixe, they are good to be poured into the eares that have water runninge oute of them, if they be layed to with vinegre or honye, they staye and holde in agnayles, & deadly burning sores called gagrenes: but the juyce or broth of the withered leaves sodden in water, untill they come to the thicknes of honye, they serve for the same purpose that Licium doeth: the fruyte can do all the same thinges, and is fit in sauces for meat, for them that have the common flixe or bloody flixe, it defendeth from inflammation or burning, if it be layed to with water, brused places, and the uttermost partes are, whych pared of, and blew places also. It scoureth away the roughnes of the tounge, menged with hony, it stayeth also the whyte floures, and healeth the emrodes, or flowing of the blood from the fundament, layed to with the cole of an oke tre, beaten into powder: but the broth of this is sodden and congeled together, and after a maner doeth better the same thinges, then the fruite doth. It bringeth also furth a gum whiche is good to be put in a hollowe toth, to stanche the ake thereof

Ricinus

## Of the herbe called in Englishe palma Christi.

Ricinus is called in Greke Cici, or Croton, in English Palma Christi, or ticke sede because it is lyke a tycke. It is called in Duch Wonder baum, kreuty baume, and Zekke komer; in Frenche Palma Christi. It growth onelye in gardines, so far as ever I coulde se.

Palma Christi whiche hath the name of mannes hande, with the fingers stretched out, when it is growen up: it is lyke unto a yonge figge tre, & hath leaves lyke unto a playne tre and hollow stalkes lyke a riede, the sede growth ~~up~~ in clusters whyche are roughe and sharpe without: but when the huske is of, then it loketh very lyke a dogge louse whyche is called a tyke: it growth often tymes so high, as though it were a tre, but as soune as the froste commeth, it perisheth sodenly. Som call this herbe also Catapuciam majorem, and som call it hauuam.

### The Vertues of palma Christi

Men use to presse oute of the sede of Palma Christi an oyle, called in Latin oleum cicinum and ricinum, which is nothing mete for meat, but for lampes & emplastres. XXX cornes pilled, broken & dronken, drive thorough by the belly, sleme color & water, they provoke also a man to vomit, but this purginge is very unpleasant & paynfull, and overthroweth the stomake, the same kirnelles brused and layed to, scoure awaye frechelles and litle harde swellinges, and suche spottes as come by the heate of the same: but the leaves broken & brused, and layed to with the mele of perched barley, swage the swellinges and inflammations of ~~the~~ eyes, the same layed to ether by them selves, or wyth vinegre, swage the brestes or pappes swellinge, wyth to muche plenty of milke, and the grevous inflammation, called saint Antonies fyre

Of the rose
Of the rose

Rosa

Rosa is named in greke Rodon, in Englysh a rose, in Duche ein rosen, in Frenche un rose. The rose is so well knowen that it nedeth no description, Dioscorides maketh mention but of one kinde of roses, but Plinie maketh two kindes, that is of the whyte & reade: but sence Plinies tyme, there are founde divers other kindes as Damaske rosens, incarnation roses, muske roses, with certayn other kindes, whereof is no mention in any olde writer.

The propertye of the rose out of Dioscorides.

The rose coolith & bindeth. But the drye roses do bynde more, the iuyce oughte to be pressed out of the tender roses, after that whiche is named the nayle, be cut awaye; for that parte is it whiche is whyte in the leave, the reste of it should be pressed and brused in a morter in the shaddow unto it be growen together, and so should it be layed up for eye medicines so are the leaves also dryed in the shaddow, so that they be oft turned, that they moulde not, it yt is pressed oute of the dryed roses is sodden in wine. It is good for ye head ache, the ache of the eyes, of the eares, of the gummes, of the fundament, of the right gutte, and of the mother, if it be layed to with a fether, or poured on. But if they be layed to after that they are brused without any pressing, they are good for the outragious heate of the midriff, and agaynst the lousenesse of the stomach that commeth of moysture, and agaynst saint Antonies fyre, when as they are dried & broken, they are sprenkled amongest the thyghes or shares, they are mingled with medicines called anthera, and preservative medicines for woundes.

But the floure that is founde in the middes of the rose, is good agaynst the rewme or flowinge of the gummes, if it be layed on drye. But the heades dronken, stop the belly, & casting out of blood.

Oute.

## Oute of Galene.

The rose is of a waterish hote substance, joyned with two other qualeties, that is to witt bindinig and bitter, the flowre is more bindinig that the rose selves be: and therefore it drieth more.

## Out of Mesue

The rose is colde in the fyrste degre, and drye in the seconde, and is compounded, and made of two divers, and seperable substanyes of a watery, whyche is measurable, & of an erthly byndinig, geving unto it much matter, but of an aerish swete and spicye, and fyre ofyre, of which commeth the bitternes, the leaves the perfection and the form or beautye. But ye powre of the fyrie substance whych hath driven in the beautye the rednes, is stronger then it that brought in the bitterness, and for this cause with onlye dryenige: this propertye is loste, whych the other abyde still, whych if they perishe, it shall be nomore a rose, then a dede man, is a man, yet the grene roses are more bitter than bindinig, and by the reason of this bitternes, grene or moyste roses purge, and that cheflye with theyr juice, but when they are dryed the heate beyng resolved, whiche maketh the bitternes, they shewe a substance bindinig or drawinge together. the juice of rosens is hote, almoste in the fyrste degre, because it is syfted & sondred from the erthly & colde substance, it purgeth & resolveth, openth & scoureth, but the drye rose is colder, & more bindinig and that yet more whiche was not yet fullye opened: and the whyte more than the rede. the Rose also resolveth and quencheth oute hote distemperatures, and strengeneth, and bindinge together the partes, and doth it most with the rede & litle heyres that are founde in the middles of the rede vesselles: When as there are rede roses & whyte, and both the kindes, som have manye leaves, & som fewe, and som have playne leaves, and som have curled, in both the kindes that is better whose natural colour is perfitter, and hath fewer leaves & playner. The whyte roses purge nothynge at all, or elles verye litel, but they binde & strengthen more then the rede do. The juice of them that are full rype, are better, and so is the water better wherin the rype roses are steped in. It scoureth the blood of the veynes and arteries, from yelow choler of galle, it is good for the jaundis, for it openeth & scoureth awaye the stoppinges of the stomack and lyver, it streinghtenth the hart & stomack, and healeth the trimbling of the hart: the cause being emptied oute before. It is good for cholerick agues: Rose oyle comforteth the same partes, and the stilled waters of roses doth, they streingth the loose substance in drivinig them together, and fortifye the holding powre, they put oute all hote burninge, & staunche the ache that commeth thereof, they make a man slepe, but they provoke a man to nese, and stere a man to the pose, and they are well for rheumatike persones, they fasten the uvula and the throppel or throte, and strengthten thẽ, and take drunkennes away. the rose beyng that is a gentle medicine, but wyshe in purging, it hath nede of helper as whay, hony: for an unce of the juice of roses, with two or thre unces of whay, with a litle spicknarde, doth (purge) purdge well, the leaves of roses infused in whay and pressed out with honye purge also without any gripe.

The syrop of the iuce of roses, and of roses themselves doth purge also gently: Roses condited in honye, scour, purge and strengthen: but condited with sugar, they scoure lesse, but they strengthen more the water wherin roses have been infused, clenseth, scoureth and purgeth. And distilled water strengtheneth, but it purgeth not, for the purging and scouringe vertue, because the subtil heat of it, is dissolved awaye wyth the fyre. Vinegre of roses staunche all kindes of inflammaciones, & hote burninges, it cutteth in sonder, and scoureth and comforteth or strengtheneth. the roses specially beyng freshe, can dryue no thing: for theyr purginge and scouringe vertue is drawen awaye by the fyre: the iuyce of roses by measurable sethynge, is made more fyner, and scoureth more myghtely. Oyle that is made of unrype olives, sett in the sonne wyth unripe leaves of roses, dothe myghtely resolve: the iuyce of roses is given from an unce unto II the syrope with the iuyce of them is taken from two unces unto fyve

## Of Madder

Rubia Sativa

Rubia sylvestris

## Of Madder

Rubia is named in Greke Eruthrodanon, in Englishe madder, in Duche rote aut, farber rote, in Frenche garance.

Rubia is a rede dying rout, whereof one kinde is wild, and an other kinde is set and trimmed: the stalkes of madder are foure squared, longe, rough, lyke unto the stalkes of goosharth, but in all pointes greater and stroger having leaves like certaine spaces, goyng betwene one order of leaves, and an other in every joynte or knee lyke unto sterres goyng roundabout. the sede is rounde, fyrst grene, and after rede, and last when it is rype black. the roote is small, long, rede, and provoketh a man to make water. The greater kinde of the madder whyche useth to be set, and planted groweth verye plenteously in many places of Germanye, but in greatest plety that I knowe about Spyre. the wilde kinde groweth plenteously both in Germanye in woddes, and also in Englande, and in the most that euer I sawe, groweth in the lane besyde Wynchester, in the way to Southampton.

## The Vertue of Madder.

The rote of causeth a man to make water: wherefore if it be drunken wyth mede, it healeth the geelsought or jaundes. It healed also the sciatica and the palsy. It driveth oute much and grosse urine, & sometyme blood. But they that drinke it dayly, ought to be washed in a bath, and to se the difference of those thynges that are emptied furth, iuyce drunken wt the leaves, is good for them that are bitten of venemous beastes. The sede drunken with honied vinegre, called oximel melteth away the milt. the roote layed to: driveth ~~als~~ furth both the byrth and the flowres, and also the secondes, if it be layed to wyth vinegre, it healeth whyte freckelles.

## Of the Bramble bushe or Blacke berrye bushe

Rubus is also called in Latin Sentis, in Greke Batos, in English a bramble bushe, or a black berrye bushe, in Duche ein Bromber, in Frenche Ronce.

There are two kindes of this bramble, one that groweth commonlye in hedges and with other bushes, and an other kinde that groweth in small ylandes of freshe waters, and about rivers sydes, and also in corne feldes. this is called of som Chamebatos. As the greate kinde hath always black berries when they are rype, and full of sedes: so the lesser kindes hath somtyme rede berries, when as they are ripe and but a few sedes. But ~~they~~ that they are much pleasanter to eat then ~~the~~ greater berries be.

# Of the Bramble bushe

The Virtues of the Bramble bushe & berries.

Rubus

The bramble bindeth, drieth and dieth heyre. The broth of the braunches if it be dronken, it stoppeth the belly, and stayeth the ishew that weomen have, and it is good for the biting of ye serpent called prester: they streigthen the gummes: and the leves chewed heale the diseases of the mouth. They staye runninge sores, they heale runninge sores in the head, they are also a remedy for the eyes that fall downe, the leaves are good to be layd upon hard swellinges of the fundament, & to the emrodes, the leaves are also good to be used agaynst the ache of the stomach, & for the disease called Cardiaca passio. the stalkes or braunches use to be brused with the leaves, and ye iuyce to be pressed out, and to be dryed up in the sonne into an harde lumpe, which is singularly good agaynst the diseases before named.

The iuyce of the berry of a bramble bushe, if it be full rype, is fit for ye medecines of the mouthe. The bellye may be stopped by eatinge of the berry halfe rype, and also with the flowre dronken in wine. Galene besyde all these properties that he confesseth, that the bramble hath, writeth also that the barke of the roote of the bramble, breaketh also the stone.

## Of the brere bushe or Hep tre or Brere tre

Rubus canis caninombus is named in Greke Kynosbatos, in Englishe a Brere bushe, or of other som an hepe tre, in Duche wilden rosen, or heck rosen

### The discription of the Hepe tre

The Hepe tre is a bushe lyke a tre, much greater than a black berry, or bramble bush; it hath leaves muche broder than the myrtell ~~tree~~ hath, with strog prickes about the bowes, it hath a whyte flowre, & a longe fruyte, like unto

the

For all the grefes and deseases of the bodye

Sethe as many little grene frogges, brething or sitting upon trees, as thou canst get, in water, untill the fleshe do consume: take the fatt flowyng upon them, and kepe it in a clene thyng, and when nede is, anoynt the teth therwyth. But take hede, that thou do not touche the other lykewyse, or els consumeth it the other also. Lykewyse doth the touth of a dead man, if one touche therwyth the sore touth: but let him that doth it beware, lest he touche any more, for they fall out also, wythoute any smarte.

To make teth fall outwith out smart

The graye wormes brething under wood a stones, hauing many fete, and when they be touched, do they cluster together lyke porkenpeckes: these persed through wyth a botken or lyke thynge, and then put into the touth y$^t$ aketh, alayeth the payne. Lykewyse doth also a little slyce of the rote of Acorus, of some called in Englishe Gladen, of other Galanga, whiche groweth in waters & marasses, this must be laid grene upon the touth. A Pece of the grene rote of Tormentil doth lykewyse.

¶ Of the swellinge in the rote of the mouth, called in Latin Uua or Uuula.

The swelling that is caused of a cold slimy humour, falling out of y$^e$ head, and hanginge in the rofe of a mans mouth is called in Latine Uuula which hindreth a man of his speche: thys shall be cured of this wyse: If it is of superfluous blood, then is the disease read, longe & grete, and the veynes of the forehead are grosse and swollen, then let him blood in the Cephalica upon the hande. But if it commeth of other accidentes, as of superfluous moysture and colde, then take whyte doggis tourde that is drye, and make it to pouder, and take commune salt, & drye it in a panne upon the fyre, so y$^t$ it ware ive broune: braye the same of like quantitye together to pouder, put that to the swellynge or disease: for it is good & upright.

Swelling in the throte

Or els lye whyte frankensence, cast a pece of it upon hote coles: put a tunnel over it, and let the smoke thereof go into thy throte, that helpeth and is oft tymes experimented or proved.

Or els tak Sal armoniacum, & make a pouder therof, & heave the swelling up therewyth.

It is very good to let him blood under the tounge, or els upon both the thumbes, when the disease beginneth: for it helpeth him. Some do cut it off but that that is dangerous. They that be so diseased, must beware for cold drinkes, and specially of milke & cheze.

Another experience for the swelling in the rofe of the mouth, or els him y$^t$ cannot wel take brethe, whiche I haue oft shewed poore people, namelye to pull y$^e$ patient sore by y$^e$ earlap upwardly, & incontinentlye shall he be healed

¶ How to helpe one that hath the Squence in the throate, called the Squinancia.

The Squence or Squinancy is an apostem in ye throate and is very dangerous. If it commeth in a sekenesse, then is it dangerous, & if it commeth in an ague, then is it ~~most~~ not so dangerous. To suche a patient ought to be geve gruell of otmeel (otmeel,) well sifted through a cloth, and put therto ten or twelve almondes well beaten: and when it is dressed in a vessel, put a litel suker to it, and eate so wyth breade. But if he hath an ague wyth it geve him of gellies of a cocke without breade, and make him a drinke of thys wyse: Take of Lycoris, cut small ij. unces, of suker half an unce, seth the in water, skume it wel, and let him holde it awaye a litel in the mouth, and wambel it roundabout in the mouth. Make him also this playster to laye outwardely.

Take whyte dogges dyrte thre unces. Dittanye beaten pouder an unce, Green Wormwood brayed smal an unce, halfe an unce of barly floure: mixe these al togither with hony, shake it upon the a cloth, & laye it warme aboute hys necke. Thys playster hath healed many, it healeth a man, or els dyeth he ye fyrst daye. Sometyme breaketh ye swellynge out outwardely, but yt inward is deadly, for it doth lyghtely choke a man. It is therfore dilligently to be marked what occasion of ye desease hath. If it commeth of reed Colera whiche is hote & drye, then hath ye patient greate payne & anguyshe, & wyth it greate heate & thyrste. Make him a playster outwardely about hys neck of Popular leaves & rede, seeth it well, & temper it wyth oyle of violets & Camomille, & shake yt upon a clothe, and laye it warme aboute the necke.

But yf ye cannot have ye oyle, take the leves of Elder, leeves of reed Cole, of eche a handefull, chopped small & brayed, seeth them wyth hony & butter of eche a sponefull. Laye thys warme aboute hys necke. Thyssame hath holpen & healed many: or els make hym any of the playsters of the swalowes nest folowynge.

But yf ye Squynce is of superfluous blode & heate, then must he be lett blode incontinent in the right hande upon ye thombe in ye Cephalica, & under ye tonge. In ye hande upon foure unces, & under ye tonge upon two unces. And as soone he is letten bloude, must be made thys drynke for hym to gargelle: take about fyve unces of Diamoron, take one unce therof mixte wyth warme water, holde yt in the mouth, gargell therwyth & spytt it out, cause hym to do thys fyve tymes. The nexte daye let boxes be set upon hys necke wythout scrapynge, there shulde drawe ye bloude from thence. Or els bynde about hys necke, as I have taught before, & let thys byndynge be thre tymes wythin daye & night, at every tyme a quarter of an houre.

Make hym thys plaster: Take the nest of a swalowe, or pye but ye swalowes nest is the beste wyth all the substaunce, as claye, gravell, styckes or fethers, nothinge excepte, beate it. & syfte it through a course syffe, so that

cure
there of, shake it upon a cloth, & laye
space. then make hym thys drinke
therm in a potte of water, & geve hym
& thynges, and ate fayre from ye
than to make warme Nylla &
taketh awaye ye sycknesse & mollifyeth

Squinancy

that it maye be twice, put therto hony & greace & make a playster
it aboute hys neck. Of thys wyse have I holped one in 111 houres
Take Licorys, anes, figges & greate Raysons, of eche an unce, seeth
every tyme therof to drinke. But if ye cannot not have these
Physicion & hart a swelinge in thy throte, than is nothynge better
gargil the same as hote as thou canst suffre it: thys done ofte

ye apostemacion. Lyke wyse maye be done wyth mylcke or water, wherein is sodden [illegible], other
wyse called Devels bit. And whẽ ye apostemacion is broke, geve hym warme yolkes of egges

## Generall Rules to be observed in all these bathes

If he can gett it, or coriander cōfites, or if he cã gett
none of these let him take the whyte of an egge, & beate
it with vinegre & rosewater, or wt the broth of violettes or night
shade, or wyth any of them, & a littel vinegre, & laye the
in a cloth unto the temples of hys head & forhead.

If any poure man be burned to much, let him
take a clister made wyth malowes, beates, & violet leaves,
or let him seath prunes longe wyth barleye & resynes, &
putt awaye the stone, and eate of them, or let him use
suppositories, so sommtyme made of the rootes ether
of betes or floure de lice, or of whyte sope, or of salt
bacon.

If any man sweat to much, let him use
colder meates then he used before, & vineger, veriuyce
let them also eate shepes fete, and calves fete with veriuyce
or vineger.

If any man have the burning of his water
when he maketh it, let him an houre after that he
is commen furth of the bathe, anoynte his kidneys
wyth some colde oyntemente, as is Infrigidans
Galeni, or if he can not come by that, lette hym
sethe violett leaves, Poppye heades, Rasins, Liquores
and Mallowes together, streyne them & put som sugar
to ye broth, and drinke of it a draught before supper

If any man be troubled wyth the rheume which
he hath caught in the bath, let him perche or bristell
at the fyre Nigella Romana, and holde it in a
cloth to his nose, or let him set cuppes or ~~by~~
orynge boxynge glasses upon his shoulders without anye
scotching. And let him drinke sodden
water with barley, & wyth a littel sugar.

If that a man have an evill appetite to eate
let him use the syrope of rybes or berberis, or the
syrope of unripe grapes, or use veriuyce and
vinegre to provoke appetite in dewe measure
and nowe & then, if he can get it, let hym
take a littell Marmelade, or of the syrope of
Monte, or of Wormwode Romayne. These have
I written for poure folke. These that are ryche
by the advyse of theyr Physicions, maye have other
remedies inough agaynst the forenamed tofalles
that chaunce in the tyme of theyr bathenge.

If thou be rid of thy disease by the bathynge,
offer unto Christe in hys poure membres, suche offeringes
of thankes geuinge, as thou mayst spare, & geue him
hartye thankes, bothe in worde, mynde and deade, &
synne no more, but walke in all clenenes of lyfe &
honestie, as farr as thou shalt be able to do, as
long as thou shalt lyve after.

But if thou be not heled the fyrste tyme, be patient
and live vertuosly until the next bathynge tyme and
then if it be to the Glorie of God, and for the most
profitable, thou shalt the nexte tyme be healed by the
Grace of God of whom commeth all helth bothe of body
and soule

overleaf to that RDM

Some of they be not healed whilse they are in the bathynge, crye oute both upon the bath whyche healeth manye other syke in the same disease, that they are sicke in, and the Physician also that counselled to come to the bath. Such men must learne yt they must not apoint God no tyme to heale them by the bath. And that when as the bath hath dryed up, and wasteth up by sweatinge and subtill thrawe blowinge the evell matter of the disease, that that. it is not one dayes worke or two to make good humores to occupy the place of such evell humores as have bene in them before

Therefore let suche be patient, and for the space of a moneth kepe the same diet that they kepte in the bathe, and if God will they shall have have theyr desyre. But not onlye these, but all other that are healed for a moneth, at the least (the longer the better) must kepe the same diet that they kept in the bathe, as touchinge meate and drinke, and if it be, also from the use of all wymen.

When as ye go homewarde, make but small iournays, and beware of surfetinge and colde, and when ye are at Home, use measurable exercise daylye, and honest myrthe and pastyme wyth honest companye. And beware of surfeting in anye wyse, and of anger, & of to muche studye a carfulnes.

Finis

Thankes to God for all his giftes

Amen

13th March 1869

RDM